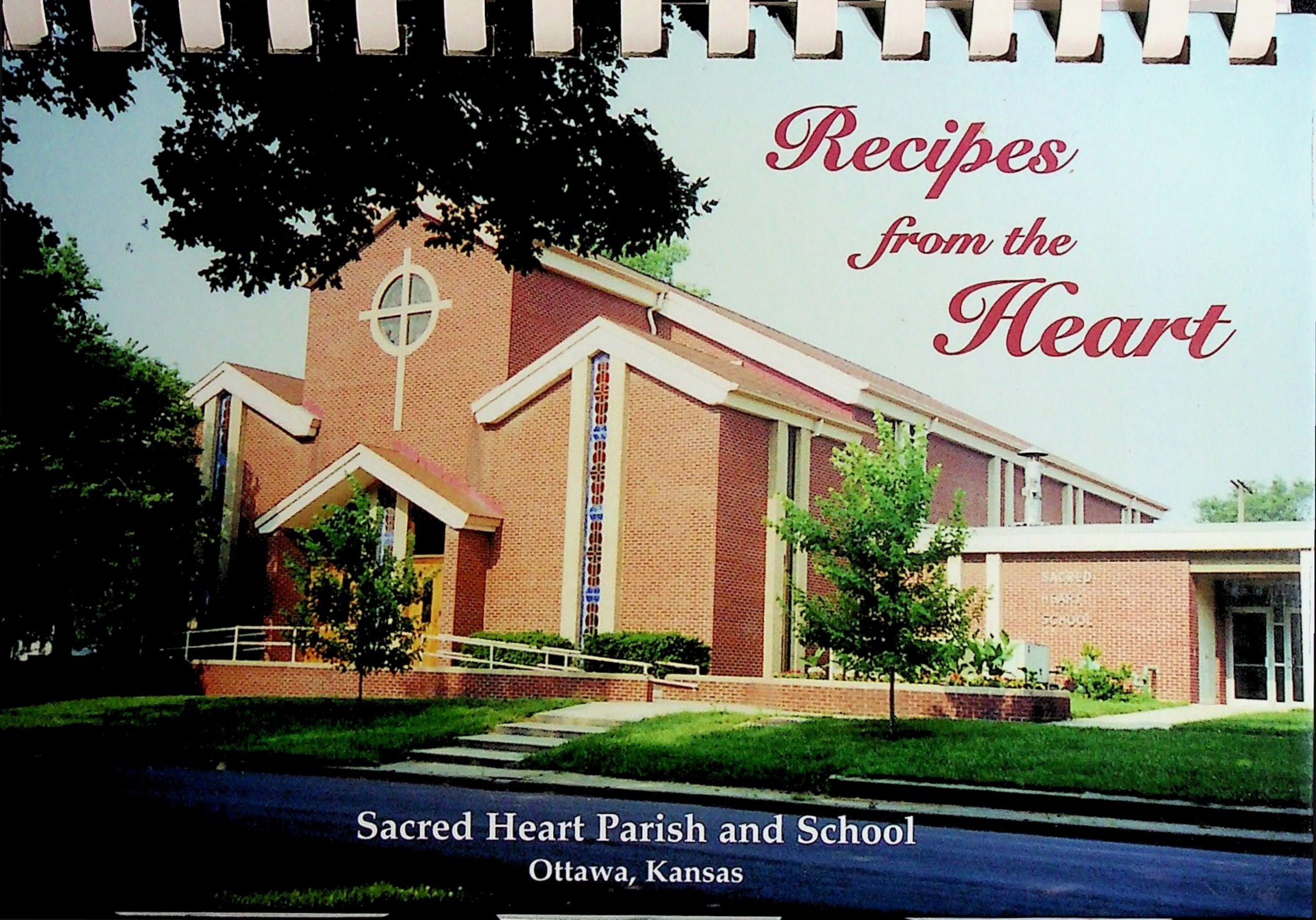
Recipes from the Heart


SACRED HEART SCHOOL

Sacred Heart Parish and School
Ottawa, Kansas

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P.O Box 2110 • Kearney, NE 68848

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Our Parish History

Sacred Heart Catholic Church, Fifth and Cedar, is celebrating its 119th year of service in the Ottawa Community. Sacred Heart Parish is comprised of 450 families and households situated in Ottawa and in surrounding communities. The parish was officially founded in 1876, although Mass was offered in the homes of Ottawa Catholics for several years prior to that time. In 1951 Sacred Heart Parish opened a Catholic Elementary School. Today Sacred Heart School offers instruction in grades kindergarten through sixth; the enrollment is 120 students. From its beginning in 1951 the school has been served by Benedictine Sisters form Mount Saint Scholastica Convent in Atchison. Sisters and lay teachers currently staff the Sacred Heart Faculty.

Throughout the years Sacred Heart Parish has been served by Priests of the Archdiocese of Kansas City in Kansas, of which the parish is part. Parishioners serve on the parish pastoral council and the finance council and collaborate in parish planning and activities. Parishioners also participate in the following organizations: Sacred Heart Guild, Education Council and School PTO, Knights of Columbus, Happy Hour Society, CCD Religious Education Program, Catechumenate and adult education, liturgy committee and high school youth group. A Cemetery Committee directs the operation of Mount Calvary Cemetery in Ottawa.

Sunday Masses and other Church services are held in the Church at Fifth and Cedar. The present Church was formerly the school gymnasium and parish center. Remodeling took place in 1980 after fire in 1979 destroyed the Sacred Heart Church which was located at Fourth and Cedar. Sacred Heart Parish participates in the Garnett Pastoral Region of the Catholic Church and also is a member of the Ottawa Ministerial Alliance.

Our School History

Sacred Heart Catholic School is located at Fifth and Cedar in Ottawa. The school, which is a ministry of Sacred Heart Catholic Parish, opened in 1951. Sacred Heart School serves the educational needs of students from kindergarten through the sixth grade. Religious instruction in the Catholic Faith and participation in Mass and other religious services are fully integrated into the curriculum. The school strives to assist students to grow in every aspect of their personhood - spiritual, academic, social and physical. Sacred Heart School is fully accredited by the Archdiocese of Kansas City in Kansas, the Kansas State Department of Education, and the North Central Association.

The 1995-1996 enrollment at Sacred Heart is 120 students. Enrollment is open to persons of all races and to students who are not members of the Catholic Church. The Benedictine Sisters from Mount Saint Scholastica Convent in Atchison have led and staffed Sacred Heart School since its inception. Presently the faculty consists of Sisters and Lay teachers. The Pastor and the Principal serve as school administrators.

Parents are actively involved in Sacred Heart School through the Education Council and the PTO, both of which meet monthly. Parents share their talents in giving reading assistance and working with teachers in classroom projects. Sacred Heart school offers a full curricula in religion, language, math, science, social studies, physical education, and music and the arts. A parish counselor assists students individually and in group settings. Many students are sons and daughters of alumni. Sacred Heart School is approaching a half century of preparing young men and women for service and leadership in the Church, family, and our community.

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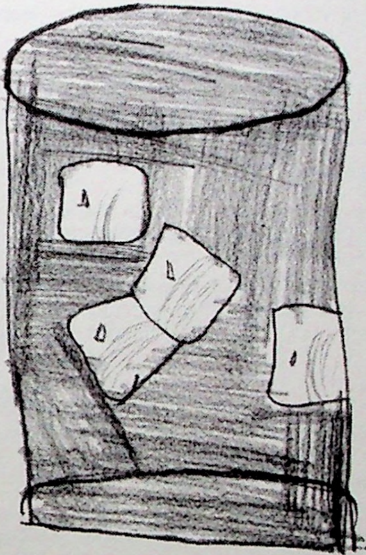
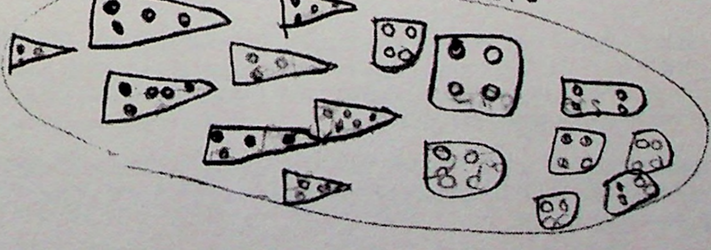
Appertizers
+
Beverages

Ice cold
sun-tea



cheese + crackers



Appetizers & Beverages

Helpful Hints

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.

- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.

- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.

- Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.

- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.

- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.

- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

APPETIZERS & BEVERAGES

CHEESE BALL

Debbie Lee-Hake

1 sm. green pepper, chopped fine
2 or 3 green onions, chopped fine
2 pkgs. cream cheese, softened
Tabasco or picante sauce to your taste

Mix all together and round into ball. Serve with HiHo crackers.

CHEESE BALL

Sr. Mary Grosdidier

2 lg. Philadelphia cream cheese
½ c. diced green pepper
1 T. minced onion
1 T. Lawry's salt
1 sm. can crushed pineapple, drained
1 c. chopped pecans

Cream the cream cheese in large bowl. Add rest of ingredients and mix well. Chill in small bowl. Remove from bowl. Cover with pecan halves or chopped pecans. Yield: 1 large ball.

CHEESE BALL

Shawn Sayler

⅓ c. carrots
⅓ c. broccoli
2 pkgs. cream cheese, softened
⅓ c. cauliflower
¼ c. onion

Place raw vegetables in food processor. Chop fine, drain liquid off. Place in cheese, mix well. Shape into ball and roll in pecans. Let stand in refrigerator 2 to 3 hours. Serve on crackers. May use dry onions.

CREAM CHEESE BALL

Ginger Suther

2 (8-oz.) pkgs. cream cheese
½ c. chopped green pepper
4 T. chopped green onion
1 tsp. garlic salt
1 tsp. seasoned salt
1 c. chopped pecans

Cream cheese with mixer until soft. Add salt and mix. Add onion, green pepper and ⅓ cup nuts. Put ⅔ cup of nuts on Saran Wrap and roll ball in nuts. Wrap and refrigerate overnight.

CHICKEN CHEESE DIP

Regina Jameson

2 lbs. Velveeta cheese
2 c. mozzarella cheese
1 can white chicken
3 cans mushrooms
1 can Ro-Tel sauce
1 (8-oz.) can picante sauce
1 sm. onion

Puree Ro-Tel, mix with picante sauce. Put into crockpot and dice onion into mixture. Cut Velveeta in small chunks and add both cheeses to mixture. Heat and stir until semi-lumpy. Add drained mushrooms and chicken. Stir occasionally and serve with nacho chips.

CRAB DIP

Florine Zillhart

3 T. catsup
2 (8-oz.) pkgs. cream cheese
1½ c. mayonnaise
¼ c. diced onions or to taste
Meat of 1 whole fresh crab
1 T. Worcestershire sauce

Mix and chill thoroughly overnight.

MEXICAN DIP

Jean Geist

½ bottle chili sauce
1 can baby shrimp
½ chopped green pepper
½ can chopped black olives
8-oz. pkg. grated mozzarella cheese
Soft cream cheese

Spread soft cream cheese on platter. Top with rest of ingredients. Serve with Doritos.

SAUSAGE DIP

Debbie French

½ lb. hamburger
½ lb. sausage
2 lbs. Velveeta cheese
1 can cream of mushroom soup
1 (16-oz. or larger) can picante sauce (depends on consistency you like)

Fry up hamburger and sausage and drain well. Pour picante sauce, soup and cheese in crockpot on low until melted. Add hamburger and sausage. Serve with chips.

TACO PIZZA DIP

Liz Redeker

1 (8 oz.) cream cheese
Picante sauce to taste
1 bunch green onions, sliced
1 green pepper, chopped
1 c. mozzarella cheese, shredded
1 c. cheddar cheese, shredded

Spread cream cheese on plate. Pour picante sauce on top. Add cheeses. Add green onion and green pepper. Stir. Refrigerate overnight.

CHEESE DIP

Nanette Maxwell

Whole loaf Swedish rye bread
4 oz. Cheez Whiz
8 oz. cream cheese
2 (5 oz.) Kraft pineapple cheese

Mix cheeses together. Tear out bread to make a bowl. Put cheese dip inside.

SALSA DIP

Jean Reynoso

1 sm. can chopped ripe olives
1 sm. can chopped green chilies
1 T. oil
1 (16 oz.) Pace picante sauce
1 bunch chopped green onions
1 sm. chopped tomato

Mix well. Will keep so may be made ahead. Serve with plain Doritos or tortilla chips.

LAYERED DIP

Debbie Lee-Hake

1 can refried beans
1 carton sour cream
Sprinkle garlic salt
1 jar El Paso hot sauce
1 jar bacon bits
1 can chopped black olives
1 pkg. Monterey Jack cheese
1 pkg. cheddar cheese
1 med. chopped tomato
1 pkg. chopped green onions

Layer as listed in 9 x 13-inch baking dish.

MEXICAN DIP

Gretchen Craig

1 can refried beans
1 pkg. frozen avocado dip
4 T. sour cream
½ pkg. dry taco seasoning
½ c. chopped onion
2 tomatoes, chopped
1 c. shredded cheese
1 sm. can sliced black olives
4 T. mayonnaise

Spread beans in dish or on a plate. Spread avocado dip on beans. Mix together mayonnaise, sour cream and taco seasoning. Spread over avocados and beans, then layer cheese, onions and tomatoes. Put black olives on top.

FIESTA DIP

Marcia L. Houck

2 cans bean dip
3 to 4 avocados, mashed OR 1 ctn. guacamole
1 c. sour cream
½ c. mayonnaise
1 pkg. taco seasoning
Grated cheese
Green onions, chopped
Black olives, chopped
Tomatoes, chopped

Mix together the sour cream, mayonnaise and taco seasoning. In a 9 x 13 x 2-inch pan, layer ingredients in the following order: Bean dip, guacamole, sour cream mixture. Top with grated cheese, green onions, black olives and tomatoes. Serve with chips and/or vegetables.

PINK SHRIMP DIP

Sr. Barbara Wieseler

1 (8-oz.) pkg. cream cheese
⅓ c. salad dressing
3 T. chili sauce
2 tsp. lemon juice
½ tsp. onion juice
¼ tsp. Worcestershire sauce
1 (5-oz.) can shrimp, finely cut

Blend cheese with seasoning. Mix in the shrimp. Serve as dunk sauce for crackers or chips.

CHICKEN CHEESE DIP

Regina Jameson

2 lbs. Velveeta
2 c. mozzarella cheese
1 can white chicken
3 cans mushrooms
1 can Ro-Tel
1 (8-oz.) can picante sauce
1 sm. onion

Puree Ro-Tel, mix with picante. Dump into crockpot. Dice onion into mixture. Slice Velveeta and put both cheeses into pot. Heat, stir until semi-lumpy. Add drained mushrooms and chicken. Serve with nacho chips.

RAW VEGETABLE DIP

JoAnna Lewis

1 c. mayonnaise
4 tsp. soy sauce
1 T. milk
1 T. vinegar
1 tsp. ground ginger
2 T. grated onion

Mix all of the ingredients together thoroughly. Chill. Serve with a variety of raw vegetables.

CALIFORNIA DIP

Dina Wolken

1 pkg. Lipton onion soup mix
1 (16-oz.) carton sour cream

In small bowl blend onion soup mix and sour cream. Mix. Chill 2 to 3 hours.

SPICY CORN SALSA

Clara Guerin

2 (17-oz.) cans whole kernel corn, rinsed and drained
1 (4-oz.) can chopped green chilies, drained
1 can pitted ripe olives, drained
1 lg. chopped tomato
2 to 3 jalapeno peppers, seeded and finely chopped
3 T. white vinegar
⅓ c. olive oil or vegetable oil
½ tsp. salt
1 T. chopped fresh cilantro

Combine first 8 ingredients in a nonaluminum bowl, add cilantro if desired. Cover and chill at least 2 hours, stirring often. Serve with tortilla chips or as a relish with grilled beef or chicken.

VEGETABLE PIZZA

Karen Huene

1 (8 count) and 1 (4 count) crescent rolls
2 (8-oz.) pkgs. cream cheese
1 c. PLUS 2 T. REAL mayonnaise
1 tsp. dill weed
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. milk

Press and spread crescent rolls into **large** pizza pan evenly. Bake according to package directions until light golden brown. **Cool completely.** Cream all ingredients except vegetables together. Spread evenly over **cooled** crust. Top with finely chopped vegetables of your choice: Black and/or green olives, red and/or green peppers, onions, mushrooms, broccoli, cauliflower, shredded carrots, etc.

MYSTERY MEATBALLS

Paula Mader

1½ c. bread crumbs
½ c. beef stock, water or milk
3 eggs, beaten
3 lbs. hamburger
1 pkg. dry onion soup mix
12-oz. bottle chili sauce or salsa
1⅓ c. water
½ c. brown sugar
16 oz. sauerkraut, drained
16 oz. cranberry sauce or currant or apple jelly

Soak crumbs in liquid. Add eggs and soup mix. Stir well. Add hamburger. Mix well and shape into meatballs. Bake 15 minutes at 350°. Combine sauce ingredients in saucepan. Simmer 5 minutes. Pour over meatballs. Bake at 350° for 30 minutes to 1 hour till done.

CORN MUNCHIES

Sr. Amelia

3 to 4 c. Quacker corn bran
1½ c. quick oatmeal
2 tsp. cinnamon
1 c. nuts (peanuts, pecans or walnuts)
1 c. coconut (opt.)

Place all above ingredients in a large bowl and mix. Melt 1 stick oleo, ¼ cup brown sugar, ⅓ cup honey and 1 teaspoon vanilla. Pour on above ingredients. Place in 300° oven in a 9 x 13-inch greased dish. Bake 20 to 25 minutes and stir twice during baking period. Take out of oven and add 1 cup raisins. Stir. Pour out to cool on waxed paper on racks. Store in tight container. Makes a nice gift to share!

HANKY-PANKIES

Mary Garber

1 lb. hamburger
1 lg. Rice's hot sauce
2 lbs. Velveeta cheese
½ tsp. oregano
½ tsp. garlic salt
2 loaves party rye bread

Brown sausage and hamburger. Drain off grease. Add cheese and simmer until it melts. Add spices. Spread on party rye bread slices. Freeze on cookie sheet and then put in freezer bag for storage. To serve, remove from freezer, place on cookie sheet and bake at 425° for 10 minutes. Makes 45 to 50.

EGGROLLS

Regina Roecker

2 med. carrots, shredded
1 c. fresh or frozen corn
1 c. fresh or frozen broccoli
½ c. sliced fresh mushrooms
½ c. chopped fresh bean sprouts
½ c. chopped celery
2 T. butter
1 c. chopped pork or shrimp, cooked
1 T. soy sauce
¼ tsp. garlic powder
12 eggroll wrappers or 24 won ton wrappers

In skillet cook carrots, corn, broccoli, mushrooms, bean sprouts and celery in butter for 8 minutes. Stir in meat, soy sauce and garlic powder. Place ¼ cup of filling on each wrapper. Seal with flour paste made of 1 tablespoon flour and 2 tablespoons water. Fry in hot oil 1 to 1½ minutes. Drain on paper towel.

BARBECUED MEATBALLS

Regina Jameson

2 lbs. lean ground beef
1 egg
1¾ c. quick-cooking oats
6 oz. evaporated milk
½ c. finely chopped onion
¼ tsp. garlic powder
1¼ tsp. salt
½ tsp. pepper
1½ tsp. chili powder
1¾ c. ketchup
1 c. brown sugar
1 T. liquid smoke
¼ c. chopped onion
¾ tsp. garlic powder

Combine first 9 ingredients in bowl, mix well. Shape into 1-inch balls. Place in greased 9 x 13-inch baking dish. Combine ketchup and other ingredients in bowl, pour over meatballs. Bake, uncovered, at 350° for 1 hour. Yield: Approximately 48 meatballs.

BEER MEATBALLS

Dina Wolken

Sauce:

½ c. beer
½ c. catsup
2 tsp. vinegar
2 tsp. sugar
2 tsp. Worcestershire sauce
1 lb. hamburger
Salt and pepper

Make hamburger into bite-size balls and brown. Pour sauce over meatballs and simmer for 1 hour. May be prepared ahead and put in freezer.

VEGETABLE PIZZA

Ann Lutz

3 pkgs. crescent rolls
16 oz. cream cheese, softened
1 env. Ranch dressing mix
1 c. mayonnaise
½ c. finely chopped mushrooms
½ c. finely chopped broccoli
½ c. finely chopped cauliflower
½ c. finely chopped carrots
½ c. finely chopped green pepper
½ c. finely chopped cucumber
1 c. grated cheddar cheese

Unroll crescent roll dough. Place in 9 x 13-inch baking dish, press edges to seal. Bake at 400° for 10 minutes. Cool. Blend cream cheese, Ranch dressing mix and mayonnaise in bowl. Spread over crust. Combine vegetables in bowl. Sprinkle over cream cheese mixture. Sprinkle cheddar cheese on top. Chill, covered with waxed paper, overnight. Cut into squares.

WATER CHESTNUT RUMAKE

Kathy Jordan

1 can whole water chestnuts
1 pkg. Sizzlean, cut in half
1 c. catsup
1 c. brown sugar

Wrap water chestnuts with bacon and secure with toothpicks. Place in 9 x 13-inch pan. Mix catsup and brown sugar. Pour over chestnuts. Bake 2 hours at 250°, 1 hour covered and 1 hour uncovered.

TORTILLA APPETIZERS

James Bien

1 med. can pitted black olives
1 sm. can green chilies
1 bunch green scallions
1 pkg. cream cheese, room temp.
1 med. pkg. tortillas
¼ purple onion

Chop up black olives, green scallions, green chilies and purple onion very fine (blend with electric mixer on medium speed). Spread on flat tortillas, roll tight. When all tortillas are rolled, refrigerate for 2 hours. Slice to width desired. Spoon picante sauce over and enjoy!

OYSTER CRACKERS MIX

Kathryn Williamson

1½ c. oil
1 tsp. powdered dill weed
½ pkg. ranch salad dressing mix
½ tsp. garlic salt
½ tsp. onion salt
1 T. lemon pepper
3 pkgs. oyster crackers

Mix spices and pour over crackers in large baking pan. Heat oil and pour over crackers, stir well. Place in 250° oven for 1½ hours. Stir often. Crackers will be brown. You may wish to cut down on oil.

STRAWBERRY SMOOTHEE

Paige Spears

1 c. milk
¾ c. strawberries
3 T. sugar
1 tsp. lemon juice
1 c. ice cubes

Put all ingredients into the blender, cover and process on high until smooth. Pour into a large glass and add 1 whole strawberry to each serving.

"COOL" ORANGE DRINK

Virginia Bruna

6 oz. frozen orange juice
1 c. water
1 c. milk
¼ c. sugar
1 tsp. vanilla
1 c. ice cubes (4 to 5 regular cube ice cubes)

Combine all ingredients in a blender. Blend until mixture is smooth and frothy and ice cubes are chopped up. Serve immediately since after a short time the mixture starts to separate again.

STRAWBERRY PEACH COOLER

Kimberlee Wolz

1 c. sliced strawberries
1 c. chopped peaches
2 T. sugar
1 bottle white wine, chilled
1 qt. sparkling water, chilled

Combine strawberries and peaches in a small bowl. Sprinkle with sugar. Let stand at room temperature for 30 minutes. Pour over fruit in a punch bowl. Gently pour in wine and sparkling water. Add ice and serve.

WHISKEY SOUR PUNCH

James Bien

1 sm. orange
3 (6-oz.) cans frozen lemonade concentrate, thawed
3 c. orange juice
1 fifth rye bourbon or scotch whiskey, chilled
1 (32-oz.) bottle club soda, chilled
2 trays ice cubes

In punch bowl combine undiluted lemonade concentrate and remaining ingredients. Mix well. About 25 minutes before serving, prepare garnish. Thinly slice oranges, discard ends. With small sharp knife, flute edges of slices. Garnish punch with orange slices. Makes 16 cups or 32 (½-cup) servings.

HOT COCOA MIX

Shawn Sayler

4 c. powdered milk
1 c. powdered sugar
3 c. Nestle's Quik
2 c. Coffee-mate
¼ tsp. salt

Mix all together. Store in airtight container. To make, mix ⅓ cup milk with ⅔ cup hot water. Will make 1 cup hot cocoa.

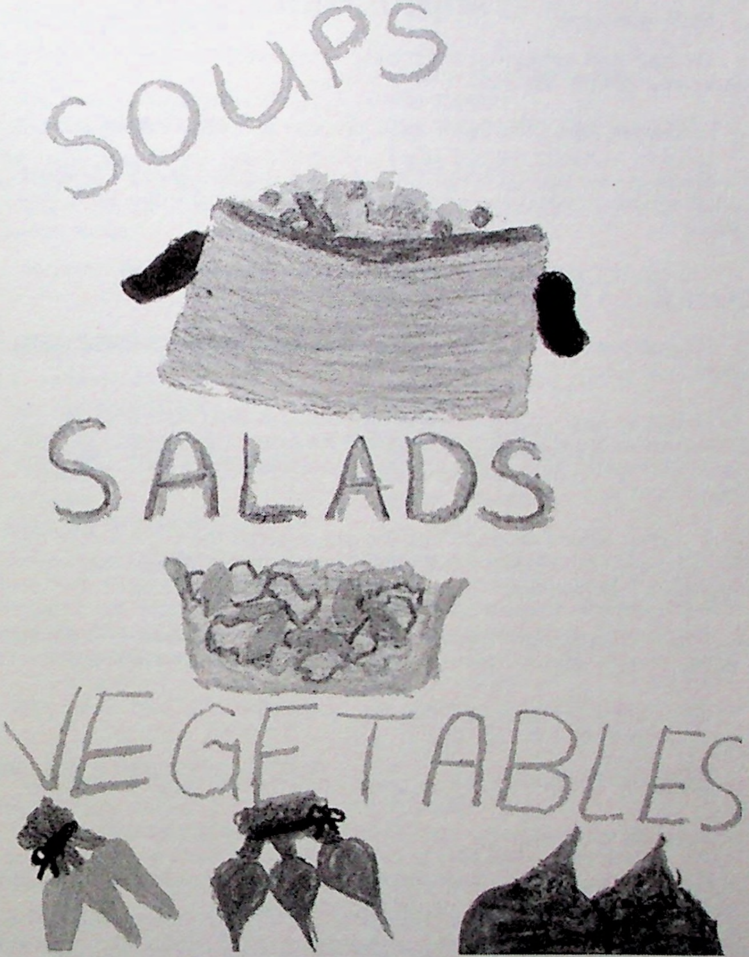
LOUISE'S CAPPUCCINO MIX

Rosalie Osburn

1 c. instant coffee creamer
1 c. instant chocolate drink mix
⅔ c. instant coffee crystals
½ c. sugar
½ tsp. cinnamon
¼ tsp. nutmeg

Combine all ingredients and store in airtight container. Add 3 tablespoons to 6 ounces of hot water (may add more to desired taste).

Recipe Favorites


SOUPS
SALADS
VEGETABLES

Soups, Salads
& Vegetables

Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

- To freshen your dishwasher, run it on rinse with some baking soda.

- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.

- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.

- Egg whites need to be room temperature for greater volume when whipped.

- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.

- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.

- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.

- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!

- Organize coloring books and crayons with a dish drainer.

- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

- Before scalding milk, rinse pan with cold water for easy clean up.

- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.

- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

BROCCOLI SOUP

Rosemary Pratt

6 T. onions
6 c. water
1 pkg. your favorite noodles
1 pkg. Velveeta cheese
6 c. milk
6 chicken bouillon cubes
Garlic powder
1 pkg. frozen chopped broccoli

Put small amount of oil in a large pot. Heat. Chop onions and cook in oil till clear. Add water and bring **to boil**, add noodles and cook till resistant to bite. Add broccoli, 6 cups milk and Velveeta and heat till cheese melts.

BROCCOLI-CHEESE SOUP

Julie Jumet

2 T. cooking oil
¾ c. chopped onion
1 tsp. salt
20-oz. pkg. frozen chopped broccoli
6 c. water
⅛ tsp. garlic powder
6 chicken bouillon cubes
6 c. milk
3 (3-oz.) pkgs. ramen noodles (minus flavor packets)
1 lb. Velveeta cheese
Pepper to taste

Cook onion in oil for 3 minutes. Add water and bouillon cubes, boil until dissolved. Gradually add noodles and boil, uncovered, for 3 minutes. Stir in frozen broccoli, salt, pepper and garlic. Cook 4 minutes, then add milk and cubed cheese. Cook until cheese is melted. This makes a lot and freezes well.

SWISS BROCCOLI SOUP

Gretchen Gahagan

5½ c. whole milk
1 (10-oz.) pkg. frozen broccoli or 1½ c. chopped fresh broccoli
3 T. chopped onion
2 T. butter
1 T. flour
2 c. grated Swiss cheese
¼ tsp. salt

Heat milk in roasting pan until simmering. Cook broccoli and onions in milk until tender. Melt butter in small saucepan. Stir in flour. Add butter and flour mixture to milk. Cook and stir 3 minutes. Remove from heat and add grated cheese and salt. Stir until cheese is melted. Serve immediately.

CURRY TOMATO SOUP

Rosemary Pratt

16-oz. can tomatoes
2 T. butter
2 T. flour
½ tsp. curry powder
2 c. milk
1 tsp. seasoned salt
1 to 2 T. light brown sugar

Puree tomatoes in food processor. Discard seedy residue. Pour into large saucepan and heat to boiling. Keep hot over very low heat. Melt butter in saucepan. Stir flour and curry powder into butter. Off heat, gradually stir in milk into flour and butter mixture. Cook over medium heat, stirring constantly until thick and boiling. Stir constantly while adding to hot puree. Stir in salt and brown sugar.

CHEDDAR CHOWDER SOUP

2 c. boiling water
2 c. chopped potatoes
½ c. bite-size carrots
½ c. bite-size celery
½ c. chopped onion
1½ T. salt

Cook 10 minutes until vegetables are tender and then add 1 cup chopped bacon, ham or dried beef. Then make a white sauce of:

¼ c. oleo
⅓ c. flour
¼ tsp. pepper
2 c. milk

Add 1 cup Velveeta cheese. Stir until melted. Add vegetables but do not boil.

CLAM CHOWDER

Sherry Engelbert

1 can cream of chicken soup
1 can cream of celery soup
1 can New England clam chowder
1 can cream of potato soup
1 can minced clams, ½ drained
1 can milk

Mix all together in a big pot on low heat till warm.

CHICKEN AND NOODLE SOUP

Debra Didde

4½ lbs. chicken
1 stalk celery, sliced
1 lg. onion, diced
3 med. carrots, sliced
2 T. dried parsley
2 tsp. salt
3 whole black peppercorns
2 whole cloves
¼ bay leaf
1 pkg. Reames frozen noodles

Combine all except noodles in 6-quart kettle with 6 cups water. Bring to a boil. Simmer, covered, for 3 hours. Remove chicken from bones, then add noodles. Simmer until noodles are done.

MOM'S CHICKEN AND NOODLE RECIPE

Karen Huene

1 egg
Milk (using larger half of egg shell filled, plus a little extra)
1 c. flour
Dash salt
1 whole chicken, boiled and deboned, broth reserved

Mix and knead noodle mixture together. Roll out on floured surface. Cut into thin strips. Drop into boiling chicken broth. Simmer 20 to 30 minutes, stirring often. Add chicken, simmer 10 to 15 minutes, stirring often.

POTATO SOUP

Kay Shaughnessy

1 pkg. frozen O'Brien potatoes (hash browns)
3 c. water
2 c. scalded milk
2 chicken bouillon cubes
3 T. butter
1 c. sour cream
1 T. flour
2 tsp. salt
½ tsp. pepper

Cook potatoes in water in covered pan until tender (do not drain). Add milk, bouillon and butter. Mix flour with sour cream until smooth. Add to soup and cook, stirring constantly, until thickened and bouillon is dissolved. Add salt and pepper. Serves 6.

STEAK SOUP

Arlene Udelhofen

1 stick oleo
½ c. flour
4 cans consomme soup
½ c. onion
½ c. celery
½ c. carrots
1 (8-oz.) can tomatoes, chopped
1½ tsp. Kitchen Bouquet
2 beef bouillon cubes
1 tsp. Accent
1 can mixed vegetables
1 lb. ground beef or steak, cubed
½ tsp. pepper

Brown meat. In pan melt butter. Add flour to make a smooth paste. Cook 3 minutes, stirring constantly. Add consomme. Bring to a boil. Add onions, carrots, celery and mixed vegetables. Simmer 30 minutes. Add tomatoes, Kitchen Bouquet, bouillon cubes, pepper, Accent and browned meat. Simmer 15 minutes more.

STEAK SOUP

Sr. Barbara Wieseler

½ lb. margarine (2 sticks)
1 c. flour
½ gal. water (8 c.)
Fresh pepper to taste (no salt)
1 lg. carrot, diced
1 med. onion, diced
1 stalk celery, diced
1 pkg. frozen fresh vegetables
1-lb. can tomatoes
4 T. beef base (granules)
2 lbs. round steak

Make a roux of margarine and flour and gradually add water. Add all other ingredients. Saute steak in ½-inch pieces until brown. Add. Simmer at least 2 hours.

TACO SOUP

Rose Whitacre

1 lb. hamburger
1 pkg. taco seasoning
1 (16-oz.) can tomatoes
Black olives
Grated cheese
Fritos
¾ c. diced onion
1 can whole corn
1 (16-oz.) can tomato sauce
Green onion
Sour cream

Brown hamburger and onion. Drain. Add taco seasoning. Stir. Add corn and liquid, tomatoes and tomato sauce. Simmer 30 minutes. Stir often. Serve with crushed Fritos, grated cheese, sour cream, black olives and chopped green onion.

TACO SOUP

JoAnna Lewis

1½ lbs. hamburger
½ c. chopped onion
1 clove garlic, minced
1 can Ro-Tel tomatoes and chilies
1 can beef broth
1 can diced tomatoes
1 can kidney beans
1 can whole corn, undrained
1 (8-oz.) can tomato sauce
1 (4-oz.) can chilies
1¼ oz. taco seasoning mix

Brown and drain hamburger. Add onion and garlic. Add remaining ingredients and heat thoroughly. Top each bowl with shredded cheese. Add tortilla chips around the edges of the bowl.

AMBROSIA SALAD

Yvonne Knight

1 can Dole tropical fruit, drained
1 can mandarin oranges, drained
1 c. miniature marshmallows
1 c. sour cream
1 c. coconut, flaked

Mix, set overnight in refrigerator.

HONEY ALMOND AMBROSIA

Bernice Smith

1 (20-oz.) can pineapple chunks
2 T. honey
½ tsp. almond extract
3 lg. oranges, peeled and sliced
1 lg. pink grapefruit, peeled and sliced
1 pt. strawberries, halved
2 c. green grapes
1 c. Mounds sweetened coconut flakes

Drain pineapple, reserving ⅓ cup juice. Add honey and almond to reserved pineapple juice. In large bowl toss pineapple, oranges, grapefruit, strawberries and grapes. Drizzle juice mixture over fruit. Add coconut, gently toss ingredients. Cover and chill 3 to 4 hours. Makes 10 servings.

CHERRY SALAD

Roberta Gloshen

1 can cherry pie filling
1 (8-oz.) carton sour cream
1 can crushed pineapple, drained
1 c. marshmallows
½ c. coconut
½ c. nuts (opt.)

Pour pie filling into medium-size bowl. Drain pineapple. Add pineapple to pie filling. Pour sour cream into mixture. Fold to combine. Add rest of ingredients and continue to fold to combine. Ready to serve or may refrigerate before serving.

CRANBERRY SALAD

Margaret Shaughnessy

1 (3-oz.) box raspberry Jello
¾ c. water
1 c. sour cream
1 can whole cranberry sauce
½ c. chopped English walnuts
1 T. lemon juice

Heat water to boiling, add gelatin. Stir and add sour cream. Beat with rotary beater until combined. Stir in cranberry sauce, lemon juice and walnuts. Chill until firm. Cut in squares and serve on lettuce.

CRANBERRY SALAD

Eileen Bowling

3 pkgs. cherry or raspberry Jello
3 c. boiling water
1 lb. ground cranberries
2 c. sugar
4 med. unpeeled apples, chopped
1 c. sm. diced celery
1 c. chopped nuts

Dissolve Jello in boiling water. Cool. Mix cranberries with sugar. Add to Jello. Stir in the rest of the ingredients. Chill.

UNUSUAL CRANBERRY SALAD

2 pkgs. cherry Jello
2 c. hot water
1 c. juices and water
1 (10-oz.) can crushed pineapple
2 cans whole cranberry sauce
12 marshmallows, diced

Dissolve Jello in hot water. Add juices from fruit combined with enough water to make 1 cup. Chill until it starts to set. Add fruit and marshmallows. When set, serve on lettuce with mayonnaise.

DEEP SEA SALAD

Carol Cover

1 sm. pkg. orange Jello
1 pt. boiling water
10 oz. miniature marshmallows
3 oz. cream cheese, softened
1 sm. can crushed pineapple, drained
1 env. Dream Whip
½ c. Miracle Whip
1 lg. pkg. lime Jello

Put orange Jello and marshmallows in large bowl, add boiling water and whip until the marshmallows are melted. Add cream cheese and Miracle Whip and beat until well blended. Let set until it begins to jell. Fold in prepared Dream Whip and pineapple. Pour into 9 x 13-inch glass pan. Chill until set. Prepare lime Jello according to package directions and cool. Pour over the orange Jello and set until firm.

FRUIT SALAD

Belinda Ball

2 med. apples, diced
2 med. oranges, peeled and cut into sm. pieces
2 bananas, peeled and sliced
1 to 2 c. strawberries, sliced
2 peaches, peeled and sliced in med. pieces
¾ c. chopped pecans
1 T. orange juice

Mix above ingredients together and combine with dressing.

Dressing:

1 c. whipped topping
1½ T. mayonnaise
1 T. milk

Mix until smooth and creamy. **Note:** Fresh strawberries may be replaced by frozen.

FRUIT SALAD

Paige Spears

1 can peach pie filling
1 can chunk pineapple
3 med. bananas
1 to 2 c. fresh strawberries

In large glass bowl slice bananas into small chunks. Empty can of pineapple in bowl, making sure each piece of banana is soaked in pineapple juice. Drain pineapple juice and add peach pie filling and strawberries. Chill.

FRUIT DESSERT

Jean Redeker

1 apple, chopped
1 orange, cut up
2 bananas, sliced
1 sm. ctn. strawberry yogurt

Mix. Refrigerate 2 hours before serving.

GRANDMA'S FAVORITE

Cyndi Wilson

1 (No. 2) cans crushed pineapple, drained
1 can cherry pie filling
2 c. sm. marshmallows
8-oz. bowl Cool Whip
1 can Eagle Brand milk
Nuts (opt.)

Mix drained pineapple, filling, marshmallows and Cool Whip, then add Eagle Brand milk and refrigerate. Recipe will keep for several days.

LEMON JELLO SALAD

Mary Altic

1 pkg. lemon Jello
1 sm. can crushed pineapple
2 bananas, cut in sm. pieces
1 c. sm. marshmallows
½ c. sugar
2 T. butter
2 T. flour
1 well beaten egg
1 c. Cool Whip
Grated cheese

Mix Jello as directed. Drain pineapple and reserve juice. Add pineapple to Jello. Stir. Add bananas and marshmallows (I let Jello thicken first). Put in refrigerator. Add enough water to pineapple juice to make 1 cup. Mix sugar, flour, butter and beaten egg. Cook until it coats a spoon. Cool and mix with Cool Whip. Spread over set Jello and sprinkle with grated cheese.

MANDARIN SALAD

Gretchen Gahagan

- 1/3 c. sliced almonds
- 3 T. sugar
- 1 head romaine lettuce or 1 bag fresh spinach
- 1 c. chopped celery
- 1 (10-oz.) can mandarin oranges, drained
- 2 scallions, chopped

Dressing:

- 1/2 tsp. salt
- 1/4 c. salad oil
- 2 T. vinegar
- Dash pepper
- 1 T. chopped parsley
- 2 T. sugar
- Dash Tabasco

In a small pan over medium heat cook almonds and sugar, stirring constantly until almonds are coated and sugar is dissolved. Do not brown. Cool and store in airtight container. Mix all dressing ingredients and chill. Mix greens, celery and onions. Just before serving, add almonds and oranges. Toss with dressing.

MANDARIN SALAD

Kathy Jordan

- 1/2 head iceberg lettuce
- 1/2 head romaine lettuce
- 1 c. chopped celery
- 1/2 c. green onion
- 11-oz. can mandarin oranges
- 1/2 c. sliced almonds
- 3 T. sugar
- 1/4 c. oil
- 2 T. vinegar
- 2 T. sugar
- 1 T. parsley
- 1/2 tsp. salt
- Dash pepper
- Dash Tabasco

Saute almonds in 3 tablespoons sugar. Mix oil, vinegar and 2 tablespoons sugar, parsley, salt, pepper and Tabasco (you may double or triple dressing recipe). Mix lettuce, celery, onions, oranges and almonds. Pour dressing over salad.

MANDARIN SALAD

JoAnna Lewis

- 2 pkgs. lemon Jello
- 1 c. boiling water
- 1 c. cold water
- 1 T. lemon juice
- 1 lg. can frozen orange juice
- 2 cans drained mandarin oranges

Dissolve lemon Jello in boiling water. Chill until syrupy. Add the cold water, lemon juice, frozen orange concentrate and mandarin oranges. Chill in utility dish or mold until firm.

Topping:

- 1 lg. banana, mashed
- 1 sm. can crushed pineapple, drained

Mix pineapple with mashed bananas and add 8 ounces whipped topping and spread on set Jello mixture.

MYSTERY SALAD

Belinda Ball

- 1 c. crushed pineapple, drained
- 1 c. mandarin orange segments
- 1 c. cherry pie filling
- 1 c. Eagle Brand
- 1½ c. chopped pecans
- 1 (8 oz.) Cool Whip

Mix all ingredients together and chill.

ORANGE TAPIOCA SALAD

Lisa Fangman

- 1 sm. box tapioca pudding
- 1 sm. box vanilla pudding (NOT instant)
- 1 (3-oz.) box orange Jello
- 2 c. water
- 2 cans mandarin oranges
- 1 (9-oz.) carton Cool Whip

Drain mandarin oranges and add enough water to make 2 cups. Combine water mixture, puddings and Jello. Cook until thick and bubbly. Cool. Add Cool Whip and mandarin oranges. Place in refrigerator.

PATRIOTIC SALAD

Velma Peine

- 1 pkg. strawberry gelatin
- 2 c. hot water
- 1 env. unflavored gelatin
- ½ c. cold water
- 1 c. coffee cream
- 1 c. sugar
- 1 tsp. vanilla
- Pinch salt
- 2 c. sour cream
- 1 pkg. raspberry gelatin
- 1 c. hot water
- 1 can blueberries

First Layer: Dissolve strawberry gelatin in 2 cups hot water. Pour into pan or mold and let set. **Second Layer:** Soak unflavored gelatin in ½ cup cold water. Combine cream and sugar and stir over low heat until sugar is dissolved. Remove from heat and while hot add the unflavored gelatin, stir. Cool and add vanilla and sour cream. Pour over first layer. **Third Layer:** Dissolve raspberry gelatin in 1 cup hot water. Cool slightly. Add blueberries and juice. Don't use more than 1 cup of blueberry juice. Pour over second layer. Refrigerate until well set.

PEACH PIE FILLING SALAD

Dorothy Shields

- 1 can peach pie filling
- 1 can mandarin oranges, drained
- 2 med. bananas, diced
- 1 (16-oz.) can pineapple chunks, drained
- 1½ c. miniature marshmallows

Combine the pie filling, oranges, pineapple and marshmallows. Chill. Just before serving add the bananas.

PINK CHAMPAGNE DESSERT SALAD

Debbie French

- **1 (8-oz.) pkg. Philadelphia cream cheese**
- **10 oz. frozen strawberries, partially thawed with juice**
- **1 (8 oz.) Cool Whip**
- **¾ c. sugar**
- **2 bananas, cut up**
- **1 (No. 2) can crushed pineapple**
- **Nuts (opt.)**

Mix cream cheese and sugar first, using mixer. Then stir in bananas, pineapple, strawberries, Cool Whip and nuts. Freeze in 9 x 13-inch cake pan. It takes several hours for this to set. Is best served partially frozen.

PINEAPPLE-CHEESE SALAD

Bonita Welborn

- **1 lg. can crushed, drained pineapple**
- **1 egg, slightly beaten**
- **3 T. flour**
- **½ c. water**
- **½ c. chopped nuts**
- **5 chopped apples, unpeeled**
- **1½ c. sm. marshmallows**
- **¾ c. grated cheese**
- **3 T. sugar**
- **Pinch salt**

Mix flour and water until smooth, then add egg and pineapple. Cook until smooth and slightly thickened. Chill, then add remaining ingredients and mix well. Grate cheese over top and place in refrigerator until ready to serve.

PINEAPPLE CREAM SALAD

Jeanne Haggard

- **1 (16-oz.) can crushed pineapple, drained**
- **1 c. sugar**
- **1 env. Knox unflavored gelatine**
- **½ c. cold water**
- **1 c. grated cheddar cheese**
- **1 c. chopped pecans**
- **1 c. cream, whipped**

Bring pineapple and sugar to boil. Dissolve gelatine in cold water. Add hot syrup to gelatine mix. Cool. When it begins to set add cheese, nuts and cream.

QUICK FRUIT SALAD

Nancy Fischer

- **1 (20-oz.) can chunk pineapple with juice**
- **1 (3-oz.) pkg. instant vanilla pudding**
- **1 (11-oz.) can mandarin oranges, drained**
- **2 bananas, sliced**
- **1 c. seedless grapes**

Pour pineapple and juice into bowl. Sprinkle dry pudding over it and stir. Add drained oranges and grapes and refrigerate. Just before serving, add bananas.

STRAWBERRY RICE SALAD

Zella Stine

1 box strawberry Jello, mixed as directions on box
1 sm. can crushed pineapple, drained

Cook ⅓ cup Minute Rice and ⅓ cup boiling water. Cool and add to Jello. Fold in 1 package Dream Whip. Let set overnight.

STRAWBERRY JELLO SALAD

Evelyn Watts

1 lg. box frozen strawberries
1 lg. box strawberry Jello
2½ c. boiling water
3 bananas, mashed
1 can crushed pineapple
1 (8-oz.) carton Cool Whip

Add Jello to water, stir until dissolved. Add thawed strawberries, bananas and crushed pineapple. Pour half into dish, let set. Top with Cool Whip. Pour on other half of Jello mixture, let set. This makes a large salad.

STRAWBERRY PRETZEL SALAD

Debbie Geist

2 c. crushed pretzels
¾ c. sugar
¾ c. melted oleo
8 oz. cream cheese
1 c. sugar
8 oz. Cool Whip
6 oz. strawberry Jello
2 c. boiling water
20 oz. frozen strawberries

Mix crushed pretzels, ¾ cup sugar and ¾ cup melted oleo. Press in 9 x 13-inch pan. Bake 10 minutes at 350°. **Cool!** Mix cream cheese, 1 cup sugar and 8 ounces Cool Whip. Spread on bottom layer when cooled. Dissolve Jello in boiling water. Add frozen strawberries. Let set 10 minutes or until mixture begins to thicken. Pour over cream cheese mixture. Refrigerate overnight!

STRAWBERRY PRETZEL SALAD

Teresa Hays

2⅔ c. crushed pretzel sticks	2 c. Cool Whip
1½ sticks melted margarine	6 oz. pineapple juice
3 T. sugar	1 (6-oz.) box strawberry Jello
1 (8 oz.) cream cheese, softened	2 (10-oz.) pkgs. frozen strawberries
1 c. sugar	

Crust: Mix crushed pretzels, margarine and 3 tablespoons sugar. Pat into 9 x 13-inch dish. Bake 10 minutes at 350°. Cool. **Second Layer:** Blend cream cheese and 1 cup sugar. Add Cool Whip, blending well. Spread over crust and chill. **Third Layer:** Add water to juice to make 3 cups and boil. Add Jello and stir until dissolved. Add frozen strawberries, mix well. Refrigerate for 30 minutes. Pour on top of other layers. Refrigerate for 4 hours. Serve that day or next (pretzels get too soft after that). Kids love it! Unusual sweet and salty flavor.

COTTAGE CHEESE SALAD

Dina Wolken

1 sm. carton cottage cheese	1 carton Cool Whip
1 can crushed pineapple, drained	1 sm. box Jello (any flavor)

Mix all in large bowl. Chill.

SUMMER FRUIT SALAD

Jill Adkinson

½ c. strawberry halves or 1 c. whole raspberries	2 med. peached or nectarines, sliced
½ c. seedless grapes, halved	2 sm. bananas, sliced

Carefully mix and refrigerate.

COTTAGE CHEESE SALAD

Delores Motelet

1 lg. carton cottage cheese	1 lg. carton whipped Dream Whip
1 pkg. Jello (any flavor)	

Mix all together and chill.

CHINESE SALAD

Teresa Hays

2 pkgs. ramen noodles (chicken flavor)
¼ c. margarine
1 pkg. sliced almonds
2 T. sesame seed or sunflower seeds
1 head chopped Napa cabbage
1 head leaf lettuce (any kind)
1 bunch green onions, sliced with tops

Crush noodles while in packages with your hands. Do not use seasoning packet. Brown noodles slowly in ¼ cup margarine with almonds and seeds. Allow to cool completely before adding to lettuce, cabbage and onions. Toss all together. **Dressing:** Bring to boil for 1 to 2 minutes ¼ cup vinegar, ½ cup sugar, ¼ to ½ cup oil and 2 tablespoons soy sauce. Allow dressing to cool completely before adding to salad. Serve immediately.

CRUNCHY SALAD

Clara Weigand

½ head cabbage, chopped
1 green onion, chopped
1 pkg. ramen noodles
½ c. sunflower seeds
2 T. sesame seed
½ c. slivered almonds

Dressing:

Seasoning packet from noodles
½ c. oil
3 T. vinegar
2 T. sugar
1 tsp. salt
½ tsp. pepper

Heat and mix all together. Cool and add to cabbage and seeds.

ORIENTAL CHINESE SALAD

Diane Chapman

1 head Napa cabbage
1 head leaf lettuce
1 bunch green onions
2 pkgs. ramen noodles
¼ c. oleo
½ c. slivered almonds
2 T. sunflower seeds
¼ c. vinegar
½ c. sugar
¾ c. oil
2 T. soy sauce

Wash and tear up Napa cabbage and leaf lettuce. Slice onions including the tops. Crush noodles in package with hands (do not use flavor packets). Brown noodles slow in oleo with almonds and sunflower seeds. Cool completely and set aside. **Dressing:** Combine vinegar, sugar, oil and soy sauce in a saucepan. Boil 1 to 2 minutes. Cool completely. Combine cabbage and lettuce mixture, noodle mixture and dressing just before serving. **Note:** Grilled chicken may be added to this salad to make it a light main dish.

ORIENTAL COLESLAW

Eileen Bowling

1 lb. shredded coleslaw
1 pkgs. beef ramen noodles
2 bunches chopped green onions
1 c. toasted slivered almonds
1 c. sunflower seeds

Dressing:

1 c. salad oil
½ c. sugar
⅓ c. vinegar
2 pkgs. ramen noodle seasonings

Mix dressing and refrigerate overnight. Crush noodles into cabbage and onions. Add almonds and sunflower seeds. Toss and serve. **Do not add dressing until ready to serve.**

ORIENTAL COLESLAW

Diane Humerickhouse

1 head cabbage
8 T. almonds
8 T. sesame seed
8 green onions
2 pkgs. ramen noodles (chicken flavor)
4 T. sugar
1 T. pepper
1 c. salad oil
2 tsp. salt
6 T. rice vinegar
1 pkg. soup seasoning
2 tsp. Accent

Brown sesame seed and almonds. Add broken noodles to shredded cabbage and onions. Mix dressing. Pour over cabbage.

FRENCH DRESSING

Sherry Engelbert

1 part (½ to ¾ c.) sugar
1 part ketchup
1 part oil
1 part vinegar
Dash onion salt
Dash celery salt

Mix well.

CHICKEN AND BOW TIES SALAD

Nicol Bruner

1 lb. boneless, skinless chicken breasts, fat trimmed
½ lb. bow tie pasta
1 T. sesame seed
¼ c. rice wine vinegar
2 T. Dijon mustard
1 T. finely chopped fresh ginger
1 T. sesame oil
1½ tsp. reduced-sodium soy sauce
1½ tsp. sugar
1 red bell pepper, cored, seeded, quartered and thinly sliced
4 scallions, thinly sliced
2 stalks celery, sliced
Salt and freshly ground black pepper to taste

Cover chicken breasts with plastic wrap and flatten them slightly with a heavy skillet or rolling pin. Remove the wrap, arrange the breasts in a single layer in a deep skillet or wide saucepan and cover with cold water. Slowly bring to a simmer over low heat. Once simmering, turn the breasts over, cover and remove from the heat. Let set for 15 to 20 minutes, or until no longer pink in the center. Transfer the cooked breasts to a cutting board and let cool slightly. Meanwhile, cook pasta in a large pot of boiling salted water until al dente, about 10 minutes. Drain the pasta and rinse under cold water until cool. Drain well. While the pasta cooks, stir sesame seed in a small dry skillet over medium heat until toasted, about 1 minute. Transfer to a large bowl. Whisk in vinegar, mustard, ginger, sesame oil, soy sauce and sugar. Thinly slice the chicken and add to the bowl, along with the pasta, red peppers, celery and scallions. Toss and season with salt and pepper.

CHINESE STYLE FRIED RICE

Teresa Powers

1½ c. water
1½ c. Minute Rice
1 egg, beaten
3 T. margarine
⅓ c. chopped onion
2 to 3 T. soy sauce

Bring 1 cup water to boil. Stir in rice. Remove from heat, cover and let stand 5 minutes. Meanwhile, cook egg in butter in 10-inch skillet until set. Add onion and the rice. Cook and stir over medium heat until rice and onion are lightly browned, about 5 minutes. Combine remaining ½ cup water and soy sauce. Stir in rice. Makes 3 cups.

HOT CHINESE CHICKEN SALAD

Kimberlee Wolz

2 tsp. olive oil
8 c. chicken, cooked and boned, and cut into bits
1 lg. tomato, chopped
1 (4-oz.) can water chestnuts, drained and sliced
1 (4-oz.) can sliced mushrooms, drained
1 c. onions, chopped
1 c. celery, thinly sliced
¼ c. soy sauce
2 c. finely shredded lettuce
4 c. hot cooked rice

Heat oil in large skillet. Add chicken, tomato, water chestnuts, mushrooms, onions, celery and soy sauce. Cover and simmer 5 minutes. Place rice on serving plate, top with lettuce and top with chicken mixture. Serve immediately.

MACARONI SALAD

Yvonne Knight

1 lb. macaroni, cooked
2 oz. pimento, chopped
1 sm. red onion, chopped
½ c. sweet pickle relish
1 c. celery, diced
1 c. cheese, diced
1 hard-cooked egg, diced (opt.)
2 T. chili sauce
Miracle Whip

Mix above ingredients with Miracle Whip to desired moistness. Best if sets overnight.

PASTA SALAD

Cindy Mars

1 bag rotini
Celery
Tomatoes
Cucumber
Black olives
Carrots
Bell pepper
1 bottle Zesty Italian salad dressing (I prefer fat-free)
¼ tsp. garlic salt

Cook rotini per package instructions and drain. Thinly slice all vegetables, using as many as you like. Combine all ingredients and chill. Use any other vegetables that your family likes. Cubed cheese and pepperoni are also good in it.

ASPARAGUS CASSEROLE

Teresa Powers

1 c. asparagus
1 c. cream of mushroom soup
1 c. crackers, crumbled
¾ to 1 c. grated cheese
2 hard-boiled eggs

Mix soup with ⅔ cup juice from asparagus. In greased casserole place asparagus, soup mixture, sliced eggs and cheese. Top with crumbs and heat to 350° until heated thoroughly.

BEAN SALAD

Joella Rowland

1 can baby peas
1 can white corn
1 can French green beans
1 jar pimento
1 c. celery, diced
1 sm. onion, diced
1 med. cucumber, diced
1 pepper, diced
½ c. Wesson oil
½ c. vinegar
¾ c. sugar
Salt and pepper

Drain peas, corn, French green beans and pimento. Dice up celery, cucumber, onion and pepper and add to other ingredients. Mix the oil, vinegar, sugar, salt and pepper and pour over the salad. Let it set in the refrigerator overnight. Drain just before serving.

4 BEAN CASSEROLE

Debra Didde

1 can green beans, drained
1 can lima (butter) beans, drained
1 can kidney beans, undrained
1 can baked beans, undrained
1 lg. onion, cut into rings
¾ c. brown sugar
1 tsp. dried mustard
½ tsp. garlic powder
1 tsp. salt
½ c. vinegar
8 slices bacon, diced

Brown bacon and remove from pan. Saute onion in fat, add seasonings and brown sugar. Simmer 20 minutes. Add to beans, top with bacon. Bake 1 hour at 350°. May be frozen.

CALICO BEANS

Diane Humerickhouse

½ lb. hamburger
5 to 6 slices bacon, fried
½ c. onions
1 sm. can butter beans
1 sm. can kidney beans
1 lg. can pork and beans
½ c. catsup
1 T. mustard
1 T. vinegar

Mix all ingredients and cook in crockpot for several hours or overnight. May add ½ bell pepper if desired. If it needs more sauce, add a little barbecue sauce.

FIVE BEAN BAKE

Annette Ferguson

½ lb. bacon, diced
2 onions, chopped
1 can pork and beans
1 can kidney or red beans, drained and rinsed
1 can butter beans, drained
1 can wax beans, drained
1 can green beans, drained
1½ c. ketchup
1 T. vinegar
2½ c. brown sugar

Brown bacon and onions. When done add drippings and all to rest of ingredients. Stir well and bake at 325° for 2 hours.

TRAIL BEANS

Michael Broshear

½ lb. bacon
3 lbs. ground beef
3 c. chopped onion
1 c. chopped celery
2 beef bouillon cubes
⅔ c. boiling water
2 (29-oz.) cans baked beans
1½ cloves garlic or 3/16 tsp. garlic powder
1½ c. barbecue sauce
1½ tsp. salt
3 T. prepared mustard
½ tsp. pepper

Cut bacon in 1-inch segments and fry, drain grease and set aside. Brown ground beef with onion and drain grease. Dissolve bouillon in boiling water. Mix beef and onion with bacon and bouillon along with the baked beans into a 5-quart crockpot, adding the remaining ingredients and cook on low temperature for 6 to 8 hours. If baking, bake at 375° for about 1 hour and 15 minutes or until bubbly.

BROCCOLI SALAD

Lisa Rossman

1 head broccoli, chopped
1 c. raisins
10 strips bacon, fried and crumbled
½ c. (½ med.) red onion
½ c. mayonnaise
3 T. sugar
1 T. vinegar

Mix mayonnaise, sugar and vinegar. Add dressing to other ingredients. Mix well, refrigerate.

BROCCOLI CASSEROLE

Jackie Hiles

2 pkgs. broccoli spears
3 hard-cooked eggs
4-oz. pkg. Swiss cheese
1 can French fried onions
1 can cream of celery soup
1 soup can milk

Cook the broccoli spears or fresh broccoli for a few minutes and place in a casserole dish. Slice hard-cooked eggs on top, then the onions, followed with the grated cheese. Mix the soup and milk together and pour over all. Bake in a 350° oven for 30 to 35 minutes until brown and bubbly.

BROCCOLI-CAULIFLOWER SALAD

Pauline Green

1 bunch broccoli, cut fine
1 head cauliflower, cut up
1 red onion or red cabbage
4 to 5 stalks chopped celery
1 c. Weight Watcher's mayonnaise
⅓ c. white vinegar
1 tsp. dry mustard
Salt, pepper and paprika to taste
1 or 2 pkgs. Equal (sugar substitute)
Cut up cucumber, tomato and zucchini (opt.)

Mix together and refrigerate. Great for camp-outs.

BROCCOLI AND CAULIFLOWER SALAD

Marge Foote

1 head cauliflower	1 bunch green onions
1 head broccoli	1 lb. bacon

Dressing:

½ c. sugar	⅓ c. vinegar
½ c. mayonnaise	½ c. oil

Fry bacon until crisp. Drain and crumble. Set aside. Soak veggies in iced salt water for 10 minutes and break into bite-size pieces. Marinate veggies in dressing overnight. Add bacon before serving.

CAULIFLOWER SALAD

Yvonne Knight

1 head cauliflower	Milk
10 oz. frozen green peas	Sugar
10 slices bacon	Miracle Whip or mayonnaise

Cut cauliflower into small flowerets. Thaw and drain peas. Crisp fry and crumble bacon. Mix dressing of milk, sugar and Miracle Whip or mayonnaise to taste. Toss with first 3 ingredients.

CAULIFLOWER SALAD

Sr. Mary Grosdidier

1 head cauliflower, cut into sm. bits	1 c. celery, chopped
1 c. cubed pineapple, drained	Pepper and salt
½ c. nuts, chopped	½ tsp. sugar
1 c. cheddar cheese, diced	2 lg. T. mayonnaise

Place all ingredients in a large bowl and mix well.

CAULIFLOWER SALAD

Nancy Bien

¾ head lettuce, cut up	½ to ¾ pkg. mild Italian seasoning (dry)
1 head cauliflower	Miracle Whip
1 pkg. frozen peas	Parmesan cheese
1 bunch green onion, cut up	
¼ to ½ bottle Bac-O's	

Mix all ingredients in bowl. Spread with Miracle Whip. Sprinkle with Parmesan cheese. Cover with Saran Wrap. Cover with foil. Refrigerate for 24 hours. Toss and serve.

ZESTY CARROTS

Margaret Shaughnessy

6 to 8 carrots
2 T. grated onion
½ tsp. salt
2 T. horseradish
¼ tsp. pepper
½ c. mayonnaise
½ c. cracker crumbs
2 T. melted butter

Slice and cook carrots. Reserve ¼ cup of carrot water. Place carrots and water in baking dish. Combine onion, salt, horseradish, pepper and mayonnaise. Pour over carrots and top with cracker crumbs and butter. Bake in preheated oven for 15 to 20 minutes.

BAKED CELERY

Kimberlee Wolz

4 c. diced celery
1 (5-oz.) can water chestnuts, sliced and drained
1 can cream of mushroom soup
½ jar pimentos, diced
½ c. bread crumbs
¼ c. slivered almonds
2 T. melted butter

Cook celery in a small amount of water, about 8 minutes. Drain and combine with next 3 ingredients. Grease a 1½-quart covered casserole dish, put celery mixture in baking dish. Blend together bread crumbs and almonds and butter. Mix half of the crumb mixture into the celery mixture. Sprinkle remaining crumbs on top. Bake at 350° for 20 minutes, covered. Uncover and bake 20 minutes more. Serve 4 to 6. This is delicious!

CREAMED CORN

Jane Bowers

20 oz. frozen corn
2 T. sugar
8 oz. cream cheese
½ stick oleo
6 T. water

Cook in crockpot on low for 4 hours.

SCALLOPED CORN

Joan Wiesner

1 (16-oz.) can cream-style corn
1 c. rolled crackers
½ c. chopped celery
¼ c. chopped onion
½ tsp. salt
¼ tsp. paprika
2 beaten eggs
1½ c. milk
2 tsp. melted butter
⅔ c. shredded cheddar cheese

Combine all ingredients and pour in buttered casserole. Bake 60 minutes at 350°. Reduce heat to 325° for additional 15 minutes.

CUCUMBER SALAD

Carol Cover

1 sm. pkg. lime Jello
⅔ c. boiling water
1 tsp. lemon juice
1 T. finely minced onion
⅓ c. chopped pecans
Pecan halves for garnish
1 lg. cucumber, peeled and diced
1 c. Miracle Whip
1 c. cottage cheese

Dissolve Jello in boiling water. Add lemon juice and onion. Chill until slightly thickens. Add remaining ingredients and stir well. Pour into serving dish and garnish top with pecan halves. Chill until set.

EGGPLANT CASSEROLE

Julie Jumet

1 med. eggplant
1 c. milk
1 c. cracker crumbs
½ tsp. salt
1 sm. onion
2 T. oleo
1 egg, slightly beaten
Cheddar cheese, grated

Peel eggplant and cut in 1-inch cubes. Cook with onions, about 8 minutes. Drain well. Put in greased baking dish. Add egg and crackers. Mix together carefully. Add milk. Sprinkle a little cheese with mixture. Dot with oleo and add a little more cheese, Season with salt and pepper. Bake at 350° for 20 minutes.

AU GRATIN POTATOES

Fr. Mike Mullen

White Sauce: (2 Cups)

4 T. margarine or butter
4 T. all-purpose flour
¼ tsp. salt
2 c. milk
5 oz. Cheez Whiz

3 med. potatoes, thinly sliced

Melt butter in saucepan. Blend in flour and salt. Add milk. Cook quickly, stirring constantly, until mixture thickens and bubbles. Blend in Cheez Whiz. Lightly butter casserole dish. Alternate sauce and the potatoes several times, ending with the sauce on top. Bake, uncovered, at 325° for about 1 hour. Serves 6.

CROCKPOT POTATOES

Nancy Bien

32-oz. pkg. frozen hash brown potatoes
½ c. chopped onion
2 c. shredded (grated) cheddar cheese
1 can cream of chicken soup
¼ c. oleo
1 tsp. salt
¼ tsp. pepper
1 pt. sour cream

Mix all above ingredients. Top with ½ cup cornflake crumbs or potato chips. Cook in crockpot on medium for 3 to 4 hours or bake in conventional oven in a 9 x 13-inch baking dish at 350° for 1½ hours.

GERMAN POTATO SALAD

Debra Didde

5 lbs. potatoes
1 onion or 3 bunches green onion
1 lb. bacon, cooked and crumbled
4 T. bacon grease
12 T. vinegar (approx.)
Salt and pepper to taste

Peel and slice potatoes before boiling. After they're cooked, drain and mix in other ingredients. Serve warm.

GOURMET POTATOES

Diane Chapman

3 (10-oz.) pkgs. hash browns
1 (12-oz.) carton sour cream
½ c. oleo
1 tsp. salt
¼ tsp. pepper
½ c. onions
1 can cream of chicken soup
10 oz. grated American cheese

Mix together all ingredients in a large saucepan, except for the hash browns. Heat over medium flame until the cheese has melted. Add slightly thawed hash browns to mixture. Stir and mix well. Pour into a lightly greased 9 x 13-inch pan and bake for 1 hour at 350°. You may top with 1 cup of crushed potato chips or cornflakes.

ORANGE SAUCE SWEET POTATOES

Kimberlee Wolz

6 sweet potatoes
1 T. cornstarch
½ c. brown sugar
1 tsp. salt
½ c. orange juice

Boil sweet potatoes until partially done. Mix together cornstarch, brown sugar, salt and orange juice. Cook over medium heat, stirring constantly for 5 minutes or until mixture thickens. Pour over drained sweet potatoes in a slightly buttered baking dish. Bake, uncovered, at 350° for 30 minutes. Serve "hot". Yield: 6 to 8 servings.

MAKE AHEAD MASHED POTATOES

Sr. Amelia

Peel, cook and mash 8 to 10 medium-sized potatoes and add:

2 T. instant onion
¼ tsp. garlic salt (less if you don't like garlic)
1 (8-oz.) pkg. cream cheese
1 c. sour cream
Salt and pepper to taste

Combine all above ingredients. Put into greased casserole. Top with melted butter, paprika and grated cheese. Place in 200° oven to keep warm until serving time.

MOM'S POTATO WEDGES

Paula Mader

6 med. potatoes
Water
Dash salt
3 T. oil
½ tsp. salt
Dash black pepper
1 tsp. Mrs. Dash
⅓ c. Parmesan cheese
2 T. grated cheddar cheese

Scrub unpeeled potatoes. Cut each potato in half lengthwise, then cut into even wedges. Boil wedges for 5 minutes in salted water. Drain. Pat dry. Spread wedges on lightly greased baking sheet. Sprinkle with oil and Mrs. Dash and seasonings. Bake at 425° for 15 minutes. Sprinkle with cheeses. Bake at 425° for another 10 to 12 minutes. Serve when golden brown and cheese is melted.

OVEN FRIED POTATOES

Kimberlee Wolz

6 Irish potatoes, cooked and sliced (I use leftover baked)
2 tsp. oil
Parsley flakes
Pepper to taste
Onion salt to taste
Paprika

Slice potatoes onto a cookie sheet that has been oiled. Sprinkle with salt, pepper, parsley flakes and paprika. Bake at 400° for 20 minutes. Turn potatoes over and place under broiler for 8 to 10 minutes. Watch closely. Remove from cookie sheet and serve immediately. Serves 4 to 6.

POTATOES ROMANOFF

Joella Rowland

8 med. size potatoes, boiled for 10 minutes
2 (12-oz.) tubes sour cream
1 bunch green onions
¼ tsp. pepper
2½ tsp. salt
⅛ tsp. paprika
1 c. grated cheddar cheese

Topping:

¾ c. grated cheddar cheese
Paprika

Grate potatoes in food processor. Add remaining ingredients and put in 9 x 13-inch pan. Sprinkle with grated cheese and paprika. Bake, uncovered, in 300° oven for 20 to 25 minutes or until heated through and cheese is melted and slightly browned. You may also use frozen shredded potatoes in this. This may also be made ahead of time and frozen.

FRESH SPINACH SALAD

Debra Didde

Fresh spinach
Red lettuce
4 hard-boiled eggs, sliced
Red onion, sliced in rings
Mushrooms, sliced thin
8 slices bacon, diced and fried crisp, grease reserved

Bring to boil while stirring bacon grease:

2 T. water
Salt and pepper to taste
⅓ c. vinegar
8 heaping T. sugar

Pour over salad while hot.

TWICE BAKED POTATOES

Nanette Maxwell

5 lbs. potatoes
8 oz. cream cheese
1 carton sour cream
¼ lb. oleo
Salt and pepper
½ c. grated cheese

Peel, cook and mash potatoes. Beat in cream cheese, sour cream, oleo, salt and pepper. Place in flat casserole and sprinkle with cheese. Bake 30 to 40 minutes at 350°. May keep in refrigerator up to 2 weeks. May be frozen. Serves 15.

SAVORY GRILLED POTATOES IN FOIL

Lisa Rossman

½ c. Miracle Whip
3 garlic cloves, minced
½ tsp. paprika
¼ tsp. salt and pepper
3 baking potatoes, cut in ¼-inch slices
1 lg. onion, sliced

Mix Miracle Whip and seasoning until well blended. Stir in potatoes and onions to coat. Divide potato mixture evenly among 6 square pieces of heavy-duty foil. Seal to form packet. Place packets on grill over medium-hot coals. Grill 25 to 30 minutes until potatoes are tender (grill cover down).

CALABACITAS

Lisa Bregant

2 T. olive oil
1 clove garlic
1 sm. onion
4 med. green zucchini
1 (12-oz.) can white shoe peg corn
Salt to taste
1 tomato, pureed

In a large skillet, saute the onion, garlic and zucchini in oil. Mix in drained corn and salt. Add pureed tomato and heat thoroughly. Serves 4 to 6.

ZUCCHINI CASSEROLE

Kathy Jordan

2 c. zucchini
½ c. salt
¾ c. grated cheese
¼ c. oil
2 beaten eggs
Chopped onion
1 tsp. pepper
½ tsp. garlic
1 tsp. parsley
½ c. Bisquick

Add salt to zucchini and let stand. Mix cheese, oil, eggs, onion, pepper, garlic and parsley. Squeeze water out of zucchini. Add zucchini. Add Bisquick. Pour mixture into pie plate. Bake at 350° for 45 minutes.

VEGGIE CASSEROLE

Nancy Bien

1 pkg. frozen broccoli
1 pkg. frozen cauliflower
1 pkg. frozen Brussels sprouts
1 sm. jar Cheez Whiz
1 can mushroom soup

Cook vegetables separately, then mix together. Mix Cheez Whiz and mushroom soup together and stir into vegetables. Top with croutons. Serve.

MARINATED VEGETABLE SALAD

Gerry Bromert

1 (10-oz.) can shoe peg corn (white), drained
1 sm. can sm. English peas, drained
1 (16-oz.) can French-style green beans, drained
1 sm. jar diced pimento, drained
1 c. green bell pepper, chopped
1 c. celery, chopped
2 bunches green onions with tops, chopped

Combine above ingredients in bowl. Bring to a boil and cool:

½ c. white vinegar
½ c. cooking oil
1 c. sugar

Pour over vegetables. Salad will keep 2 to 3 weeks in refrigerator.

MIXED VEGETABLE SALAD

Dorothy Nolan

1 (10-oz.) pkg. frozen mixed vegetables
1 (15-oz.) can kidney beans, rinsed and drained
½ c. chopped celery
½ c. chopped onion
½ c. chopped red pepper

Cook veggies until crisp-tender. Drain, place in bowl. Add kidney beans, raw celery, onion and pepper. **Sauce:** Over medium heat cook ¾ cup sugar, ½ cup vinegar and 1 tablespoon cornstarch, stirring until thickened. Cool slightly. Pour over vegetables and toss. Refrigerate.

MARINATED VEGETABLE SALAD

Jean Reynoso

1 head cauliflower	**½ c. red onion**
1 bunch broccoli	**1 c. mayonnaise**
10 strips fried bacon	**½ c. white sugar**
½ c. raisins	**2 T. white vinegar**

Combine all ingredients. Chill 1 to 3 hours.

Recipe Favorites

Main Dishes
and
Casseroles
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Main Dishes & Casseroles

Helpful Hints

- You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.

- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.

- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!

- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.

- Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.

- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.

- Always chill juices or sodas before adding to recipe.

- When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.

- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.

- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!

- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.

- Cheeses should be served at room temperature (approximately 70 degrees).

- When serving hors d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

- One quart of soup yields about six servings, unless it is the main course.

MAIN DISHES & CASSEROLES

BAKED BEANS

Debbie French

2 cans pork and beans
1 can red beans
1 can white beans (navy or great northern)
1 can pinto beans
1 c. brown sugar
½ c. catsup
2 T. vinegar
½ c. onion
¼ lb. bacon
¾ lb. hamburger

Cook and drain bacon and hamburger. Drain beans, except pork and beans. Mix everything together. Cook in crockpot overnight.

BREAKFAST CASSEROLE

Mary Redeker

1 lb. bulk sausage, browned and crumbled
1 tsp. prepared mustard
6 eggs, beaten
6 slices semi-dry bread, cubed
2 c. milk
1 c. cheese, shredded
1 tsp. salt

Beat eggs, add milk and remainder of ingredients. Mix well. Place in 9 x 13-inch baking dish. Let stand in refrigerator overnight. Bake 45 minutes at 350°.

MAKE-AHEAD BREAKFAST CASSEROLE

Gerry Bromert

10 slices white bread, cubed
1½ lbs. bulk sausage, cooked and drained
1 c. shredded cheddar cheese
1 c. shredded mozzarella cheese
6 lg. eggs
2 c. milk
1 T. Dijon mustard
1 tsp. Worcestershire sauce
Salt
Pepper

In a 9 x 13-inch greased pan, combine bread, sausage and cheeses. Combine remaining ingredients and pour over pan mixture. Refrigerate overnight. Bake at 350° for 40 to 50 minutes.

BREAKFAST SQUARES

Beverly Sellers

1 can crescent rolls
1 lb. sausage
4 to 6 eggs
⅓ c. milk
Grated cheese

Lightly grease 9 x 12-inch baking pan. Preheat oven to 350°. Unroll and cover bottom of pan with crescent rolls, break up and brown sausage, then spread over crescent roll crust. Mix eggs and milk and pour over sausage. Top with grated cheese. Cook at 350° for about 15 minutes. Cut into squares and serve while warm.

BROCCOLI CASSEROLE

Heather Wilson

2 boxes chopped frozen broccoli
1 sm. med. onion
2 T. butter
1 can cream of chicken soup
½ c. milk
8-oz. jar Cheez Whiz
1 c. uncooked rice

Cook broccoli till tender, drain. Saute onions in butter. Mix all ingredients in casserole dish. Cook in oven at 350° for 30 minutes.

BROCCOLI AND CAULIFLOWER

Diane Chapman

1 (10 oz.) frozen broccoli
10-oz.) frozen cauliflower
1 (8-oz.) jar Cheez Whiz
1 c. chopped onions
1 c. chopped celery
¼ c. oleo
1 can cream of chicken soup
¼ c. milk
Salt and pepper to taste

In medium saucepan cook broccoli and cauliflower in a small amount of water until tender. In a skillet saute onions and celery in the oleo until tender. Add the Cheez Whiz, soup and milk. Bring to a boil. Add this to the vegetable mixture, mix well and put into a casserole dish. Bake at 350° for 30 minutes. Serve hot out of the oven!

BROCCOLI-RICE-TURKEY CASSEROLE

Helen Hasler

2 c. quick-cooking rice
2 tsp. minced onion
1 can mushroom soup
⅓ c. milk
¼ c. chopped parsley
½ c. grated cheese
1 pkg. broccoli, cooked
2 c. leftover ham, turkey or chicken, cooked

Mix all together except cheese. Put in casserole and bake at 350° till bubbles. Sprinkle cheese on top and bake till melted.

BRUNCH EGG CASSEROLE

Kay Shaughnessy

2 lbs. sausage
12 slices bread, cubed
4 c. milk
8 eggs, beaten
2 tsp. dry mustard
2 tsp. salt
½ lb. shredded cheddar cheese

Mix all ingredients and refrigerate overnight in foil covered casserole dish. Remove from refrigerator and bake 1½ hours, covered with foil. Remove foil for last 15 minutes. Cut in squares and serve.

BACON AND CHEESE OMELET

JoAnna Lewis

12 slices bacon
6 slices American cheese
8 eggs, beaten
1 c. milk

Cook bacon, drain. Cut cheese slices in half. Arrange in the bottom of a lightly buttered 9-inch pie plate. Beat together eggs and milk. Chop bacon and add to egg mixture. Pour over cheese and bake in preheated oven at 350° for 40 minutes. Let stand 5 minutes before cutting. Diced ham may be used in place of bacon.

BARBECUED MEATBALLS

Debbie French

3 lbs. lean hamburger
½ c. tomato juice
2 c. quick oatmeal
2 eggs
1 onion, chopped
½ tsp. garlic powder
2 tsp. chili powder

Sauce:

2 c. catsup
1½ c. brown sugar
½ tsp. garlic powder
½ c. chopped onion
2 T. liquid smoke

Mix and form into meatballs. Place in flat pan, 1 layer only. Spoon sauce over before baking. Bake 1 hour at 350°. Bake the night before, reheat in same pan, pouring second sauce over top. Transfer to crockpot.

SHREDDED BEEF SANDWICHES

1 (3-lb.) beef chuck or pot roast
⅓ c. vinegar
1 lg. onion, cut up
3 bay leaves
½ tsp. salt
¼ tsp. ground cloves
⅛ tsp. garlic powder
Spinach or lettuce leaves
8 to 10 French rolls, split

Trim fat from roast. Cut roast, as necessary, to fit into a 3 or 4-quart electric slow crockery cooker, place meat in cooker. Combine vinegar, onion, bay leaves, salt, cloves and garlic powder, pour over meat. Cover and cook on low heat setting for 11 to 12 hours or till meat is very tender. Remove meat and use 2 forks to shred meat, discard bones and fat. If desired, line split rolls with spinach or lettuce leaves. Place shredded meat on rolls. Strain meat juices, skim off fat from juices. Serve juices with sandwiches for dipping. Makes 8 to 10 servings.

5 HOUR BEEF STEW

Mary McClure

- 2 lbs. stew meat
- 1 bunch carrots
- 2 lg. potatoes
- 2 onions
- 1 lg. can tomatoes, plain or stewed
- 1 T. sugar
- 1 T. salt or to taste
- 4 T. tapioca

Mix all together and bake in a tightly covered dish at 250° for 5 hours. Do not remove cover while baking. Add any other vegetables you like.

BARBECUED BEEF LOAF

Brenda Guenther

- 2 lbs. ground beef
- ¾ c. rolled oats
- 1 tsp. garlic salt
- ½ tsp. pepper
- 1 tsp. salt
- ¾ c. chopped onion
- 2 eggs
- ¼ c. milk
- 1 can tomato soup
- 2 T. vinegar
- 2 T. Worcestershire sauce
- ¼ c. brown sugar
- ¼ c. water

Mix first 8 ingredients (through milk). Shape into loaf and place in casserole. Bake at 375° for 20 minutes. Drain grease. Pour mixture of remaining ingredients over top. Bake another 45 minutes. To microwave, cook on high for 5 minutes, then bake another 15 minutes after adding sauce.

BEEF CASSEROLE

Teresa Hays

- 1 lb. ground beef
- 2 sm. cans tomato sauce
- 8 oz. cream cheese
- 1 c. cottage cheese
- ¼ c. sour cream
- ½ c. chopped onion
- 1 T. green pepper, chopped
- 8 oz. sm. noodles

Cook noodles and place in the bottom of a greased casserole (9 x 13-inch pan). Brown ground beef and drain. Season with salt and pepper. Add tomato sauce. Combine cream cheese, cottage cheese, sour cream, onion and green pepper. Add the cheese mixture to the noodles and place the meat on top. A little cheddar cheese may be sprinkled on top if desired. Bake about 30 to 45 minutes in a 350° oven.

BEEF AND BROCCOLI STIR-FRY

Denise Geist

1 lb. boneless beef sirloin
1 T. cornstarch
1 T. soy sauce
1 clove garlic, minced
¼ tsp. salt
2 T. oil
2 c. broccoli flowerets
1 (2-oz.) can mushrooms
⅓ c. chicken broth

Slice sirloin into thin strips. Combine with cornstarch and soy sauce in bowl, mix well. Stir-fry garlic with salt in oil in skillet or wok. Add beef. Stir-fry for several minutes. Remove beef, set aside. Add broccoli, undrained mushrooms and broth. Bring to a boil, reduce heat. Cook, covered, for 2 minutes. Add beef, heat to serving temperature. Serve immediately with rice. Yield: 4 servings.

BUBBLE PIZZA

Lisa Fangman

2 tubes buttermilk biscuits
1 (16-oz.) can pizza sauce
1 lb. ground beef
2 c. mozzarella cheese
2 c. cheddar cheese

Brown hamburger and drain. Quarter the biscuits and mix with ground beef and pizza sauce. Put in greased 9 x 13-inch pan. Bake in 400° oven for 20 minutes. Remove from oven and top with cheese. Return to oven and bake for 10 minutes longer. **Note:** For a small serving, this may easily be cut in half.

CABBAGE CASSEROLE

Ginger Suther

1 head chopped cabbage
1 can cream of mushroom soup
½ soup can milk
Salt and pepper
1 c. grated cheddar cheese
Dry bread crumbs

Cook cabbage in salted water until tender. Drain. Butter a deep dish. Layer cabbage, soup and cheese in the dish. Top with bread crumbs. Bake at 350° until bubbly, about 15 to 20 minutes.

CARROT CASSEROLE

Teresa Pemberton

4 c. sliced carrots
¼ c. oleo
1 med. onion, chopped
2 c. grated cheddar cheese
2 c. crushed potato chips
2 T. mayonnaise

Cook carrots in small amount of water and drain. Place carrots in greased casserole. Stir in cheddar cheese and mayonnaise. Top with crushed potato chips. Bake in 350° oven for 30 minutes. The onion is optional. The oleo is used to grease casserole dish and flavor carrots. Serves 6 to 8.

CAVATINI

Patty Walters

1 lb. hamburger
Wide egg noodles
Prego with meat sauce
Mozzarella cheese to taste

Brown hamburger while noodles are boiling. Drain grease from hamburger, put in large pot. Drain noodles, add to hamburger. Mix in Prego. Stir in mozzarella cheese until melted. Serve with garlic bread.

CHEESEBURGER CASSEROLE

Carol Cover

1 lb. ground beef
¼ c. chopped green pepper
¼ c. catsup
6 slices American cheese
1 can biscuits
¼ c. chopped onion
1 (8-oz.) can tomato sauce
⅛ tsp. pepper

Brown beef with onions and green peppers. Drain grease and add tomato sauce, catsup and pepper. Place in ungreased casserole alternately with cheese slices. Top with biscuits. Bake at 400° for 20 to 25 minutes.

CHINESE FRIED RICE

Kathy Corbin

2 c. cooked rice
2 T. salad oil
1 can mushrooms (stems and pieces), drained
¼ c. diced green onions
2 T. soy sauce
1 beaten egg
8 slices crisp cooked bacon, crumbled (opt.)

Heat oil in skillet. Add all of ingredients except egg and bacon. Heat to serving temperature. Stir in egg and bacon. Cook and stir for 5 minutes more.

CLAM CASSEROLE

Nancy Bien

25 Keebler crackers
2 cans minced clams
Onion
1 stick oleo
Parsley
Milk

Crumble crackers in bowl. Melt oleo and pour over crackers. Mix. Drain clams and save juice. Chop onion. Add to crackers along with parsley (not too much). Add clam juice and milk to add up to 1 cup. Stir. Bake in 375° oven for 45 minutes.

CORN OYSTER CASSEROLE

Nancy Bien

2 cans cream-style corn
1 c. oysters
1 c. coarse crackers in crumbs
1 egg
⅔ c. milk and butter

Combine corn, oysters, cracker crumbs, egg and milk. Put into well-buttered casserole. Top with tabs of butter. Bake in moderate oven at 350° until mixture is firm. Garnish with sliced olives, pimento or parsley if desired.

CHICKEN ENCHILADAS

Sherry Engelbert

½ c. Ro-Tel tomatoes
1 (3-oz.) pkg. cream cheese, softened
1 tsp. salt
2 c. finely chopped cooked chicken (4 breasts)
1 green onion, chopped
Cooking oil
12 sm. flour shells
Sour Cream Sauce (recipe follows)
1 c. cheddar cheese

Sauce:

1 c. Ro-Tel tomatoes
1 (8 oz.) sour cream
½ tsp. coriander

Blend all sauce ingredients, heat in small saucepan. **Do not boil!** Combine Ro-Tel tomatoes, cream cheese and salt in mixing bowl. Stir in chicken and onion. Line skillet with oil, heat on medium to fry shells, 5 seconds per side. Spoon chicken mixture on each shell, roll up and place, seam side down, in 9 x 13-inch baking dish to make 1 layer. Cover with foil and bake at 350° for 30 minutes. Pour on sauce mixture and top with cheese. Return to oven for 2 minutes to melt cheeses.

CHICKEN ENCHILADAS

Ann Lutz

1 pkg. jumbo size flour tortillas
4 chicken breasts, cooked and chopped
1 can cream of chicken soup
1 can cream of mushroom soup
1 lb. grated cheddar cheese
½ lb. grated Monterey Jack cheese
1 tsp. cumin
1 c. milk
1 c. chicken bouillon
Paprika
1 sm. carton sour cream

Mix and heat cream of chicken soup, cumin, bouillon and milk until blended. Dip each tortilla in sauce. Put chicken and cheese inside, roll up and put in greased 9 x 13-inch pan. Pour remainder of heated sauce over tortillas. Mix sour cream and cream of mushroom soup. Pour over enchiladas. Put remainder of cheese on top. Sprinkle paprika over all. Bake at 350° for 30 minutes.

CHICKEN ENCHILADAS

Teresa Pemberton

4 c. cooked chicken
1 lg. onion
1 c. chopped green chilies
3 stalks chopped celery
1 stick oleo
1 c. mushrooms, sliced
1 can cream of chicken soup
1 can cream of mushroom soup
8 oz. mild taco sauce
Doritos with cheese
1 c. mild cheddar cheese

Saute onion and celery in oleo. Add green chilies, mushrooms, soups, cubed chicken and taco sauce. Heat thoroughly for a few minutes. Layer slightly broken Doritos, then chicken mixture, then grated cheese. Repeat process, ending with a layer of the Doritos. This should be placed in a baking dish approximately 9 x 11 x 1½ inches. Bake in 350° for about 35 to 40 minutes. Serves 8 to 10.

EASY CHICKEN ENCHILADAS

Betty Birzer

1 can cream of chicken soup
1 can cream of mushroom soup
1 can chopped green chilies (opt.)
2 cans chicken
8 oz. sour cream
1 c. shredded cheddar cheese
Flour tortilla shells

Combine first 4 ingredients in saucepan. Bring to boil, stirring mixture well. Remove from heat. Stir in sour cream. Spoon into flour tortilla, roll and put in greased pan. Top with shredded cheddar cheese. Bake at 350° for 20 minutes.

CHEDDAR CHICKEN CASSEROLE

Regina Jameson

1 (10-oz.) can cream of chicken soup
1 (10-oz.) can cream of mushroom soup
½ c. chicken broth
1½ c. long-grain rice, uncooked
1 tsp. onion powder
4 c. cooked chicken chunks
½ red pepper, chopped (opt.)
1 c. grated cheddar cheese

Preheat oven to 375°. Pour soups into 3-quart dish. Stir in chicken broth until blended. Add rice, onion powder, chicken and red pepper. Stir well. Cover and bake 30 minutes or until bubbly in center. Sprinkle with cheese and bake 5 minutes longer or until cheese melts.

CREAMY CHICKEN ENCHILADA

Rosemary Pratt

Filling:

1½ c. cooked and shredded chicken
8 oz. cream cheese, diced
1 c. green chilies
1 med. onion, diced and sauteed in 2 T. butter

Mix together in large bowl. Salt to taste. Use 8 soft flour tortillas (small size). Put ¼ cup oil in heavy skillet. Fry tortillas, one at a time, in oil for ½ minute or less. Pat dry on paper towel. Put ½ cup chicken filling in center of tortilla. Fold tortilla and put seam down in glass baking dish. Repeat until all filling is used.

Topping:

1 c. whipping cream
½ c. cheddar cheese
½ c. Monterey Jack cheese

Pour cream on enchiladas and sprinkle cheese on top. Bake at 375° for 15 to 20 minutes.

CHICKEN BUNDLES

Terri Kimball

1 cut-up chicken or boneless chicken breasts
Thick slices of potatoes, celery, carrots, onion, green pepper, mushrooms and tomatoes
Minute Rice
Butter or margarine
Tomato sauce OR cream of mushroom soup

On a large piece of foil, place 1 to 2 pieces of chicken or 1 chicken breast. Pile sliced vegetables on top. Sprinkle on 2 tablespoons of Minute Rice, top with 2 tablespoons margarine. Over top of pile pour 3 tablespoons tomato sauce or cream of mushroom soup. Fold foil tightly and place on baking sheet. Bake for 2 hours at 375°.

CHICKEN CASSEROLE

Dawn Bones

6 chicken breasts, boiled, skinned and cut up
1 can cream of mushroom soup
1 can cream of celery soup
1 can Ro-Tel
1 T. chili mix
1 sm. bag Fritos corn chips
Shredded cheddar cheese

Layer cooked chicken in 9 x 13-inch pan. Mix in a bowl mushroom soup, celery soup, Ro-Tel and chili mix. Pour over chicken. Crush ½ package of corn chips and pour over mix. Sprinkle with shredded cheddar cheese. Bake at 350° approximately 35 minutes, then add remaining corn chips and bake 15 minutes more.

CHICKEN CASSEROLE

Evelyn Watts

2 pkgs. Stove Top stuffing (1 chicken and 1 cornbread)
1 can mushroom soup
1 can cream of chicken soup
2 frying chickens
Celery
Onion
1½ sticks oleo

Cook chicken with celery and onion **no salt**. Remove from bone, cut into medium pieces. Mix soups with 1½ cups broth. Make stuffing according to directions, using 1½ sticks margarine. Reserve 1½ cups crumbs for topping. Press stuffing in 10 x 13-inch pan, about ¾ inch deep, layer chicken over dressing. Pour soup over all. Top with crumbs and sprinkle with paprika. Bake at 350° for 45 minutes.

REFRIGERATOR CHICKEN CASSEROLE

Mary McClure

2½ c. chicken, cooked and cubed
2 c. uncooked elbow macaroni
2 cans cream of mushroom soup
1 soup can milk
1¾ c. chicken broth
1 sm. chopped onion
¼ tsp. salt
½ chopped green pepper
½ lb. cheddar cheese, diced
1 (5-oz.) can water chestnuts, sliced

Combine ingredients and pour into well-greased 9 x 13-inch baking pan. Cover with foil and refrigerate overnight. Uncover and bake 1 hour at 350°. Serves 10.

CHICKEN AND DRESSING CASSEROLE

Nancy Lee

1 (2½ to 3-lb.) frying chicken, cut up
1 med. onion, cut up
2 stalks celery, cut up
½ stick margarine, melted
8-oz. pkg. stuffing mix (Stove Top)
1 (10¾ oz.) cream of chicken soup
1 (10¾ oz.) cream of celery soup
2 cans chicken broth from cooked chicken

Simmer chicken in water to cover with onion and celery until tender, 35 to 40 minutes. Remove chicken and save broth. Cool chicken and cut in bite-size pieces. Combine margarine and stuffing mix. Add soups which have been combined with chicken broth. Mix well. Mix in chicken. Place in 9 x 13-inch baking dish. Bake at 350° for 1 to 1¼ hours or until lightly brown.

CHICKEN AND STUFFING CASSEROLE

Toni Mietchen

1 (8-oz.) canister Stove Top stuffing (chicken flavor)
1 stick margarine
1 can cream of chicken soup
2 c. chicken broth
2 lbs. cooked and deboned chicken

Mix soup and chicken broth together with wire whisk. In another 2-quart saucepan, melt margarine. Add stuffing and toss until mixed. Put a layer of stuffing crumbs on bottom of 9 x 13-inch pan sprayed with Pam. Save 1/4 to 1/3 for top. Layer chicken over crumbs. Pour soup and broth mixture over chicken. Add remaining stuffing crumbs on top. Bake at 350° for 30 minutes.

CHICKEN TETRAZZINE

Roberta Gloshen

3 1/2 c. spaghetti
3 c. boiling water
2 tsp. salt
1 1/2 c. cream of mushroom soup
2/3 c. milk
2 c. cooked diced chicken
1/4 c. chopped pimento
1 c. cheese, grated
2 T. Parmesan cheese

Add salt and spaghetti to boiling water, boil 2 minutes, cover, remove from heat and let stand 2 minutes. Blend soup and milk, add chicken and pimento. Drain and rinse spaghetti. Pour into greased 1-quart baking dish. Pour soup mixture over spaghetti and mix slightly. Sprinkle cheeses over top. Bake at 375° about 30 minutes.

HAWAIIAN CHICKEN

Denise Geist

8 chicken breast quarters
1/4 c. prepared mustard
1/4 c. molasses
1/4 c. vinegar
2 T. soy sauce
1/2 c. crushed pineapple
1/4 c. packed brown sugar

Rinse chicken and pat dry. Arrange in baking dish. Combine mustard, molasses, vinegar, soy sauce, pineapple and brown sugar in dish, mix well. Spoon over chicken. Bake at 325° for 1 hour or until tender, basting frequently. Yield: 8 servings.

HAWAIIAN CHICKEN

Nathan Reynoso

¼ c. chopped onion
½ c. green pepper, chopped
1 T. butter

Saute above ingredients and then mix:

⅓ c. water
½ c. packed brown sugar
¼ c. apple cider vinegar
2 T. cornstarch
1½ tsp. soy sauce
¼ tsp. salt
¼ tsp. garlic
1 can pineapple tidbits

Microwave mixture 3 minutes. Stir (thickens). Add sauteed onion and green pepper, carrots (cut diagonally), pineapple tidbits and juice, chicken breast (precooked and cut in small strips). Microwave another 5 to 6 minutes, stir after 3 minutes. Serve over rice.

HONEYMOON CHICKEN

Rose Whitacre

4 sm. or 2 lg. chicken breasts
1 can celery soup, diluted with ⅓ c. water
1 can mushroom soup, diluted with ⅓ c. water
2 c. Minute Rice, uncooked
1½-oz. env. dry onion mix

Butter a large casserole dish that has a lid. Put in celery soup and then the chicken breasts. Add rice and sprinkle onion soup over the top. Add mushroom soup. Cover tightly and bake at 350° for 1 hour.

KING RANCH CHICKEN

Marilyn Lickteig

1 c. chopped green pepper
1 c. chopped onion
½ c. margarine
2 cans cream of chicken soup
2 cans cream of mushroom soup
1 can Ro-Tel tomatoes and green chilies
1 (2½ to 3-lb.) chicken
12 soft corn tortillas in bite-size pieces
1½ c. shredded cheddar cheese

Stew chicken with salt, pepper and bay leaf. After cooling and boning, cut chicken into bite-size pieces. In a large saucepan cook green pepper and onion in margarine until tender. Stir in soups, Ro-Tel tomatoes and cheese. In a 3-quart shallow baking dish, arrange alternate layers or tortillas, soup mixture, and ending with a topping of cheese. Bake at 325° for 40 minutes or until hot and bubbly and cheese is brown. Makes 10 to 12 servings.

QUICKIE CHICKEN OVER SPAGHETTI

Beatrice M. Lott

Spaghetti
½ c. chopped onion
½ c. chopped celery
1 can cream of mushroom soup
1 can cream of chicken soup
1 can mushrooms
1 chunk Velveeta cheese
Diced cooked chicken or turkey

Saute celery and onion in butter. Add to remaining ingredients. Heat slowly. Add pepper and garlic to taste. Serve over cooked spaghetti.

CHILI

Clarice Dengel

2 lbs. ground beef
3 garlic cloves, minced
2 lg. onions, chopped
1 (16-oz.) can tomatoes, cut up
3 (8 oz.) tomato sauce
1½ tsp. salt or to taste
½ tsp. coarse ground pepper
1 T. M.S.G.
2 T. sugar
1 T. plus 1 tsp. chili powder
3 (15 oz.) chili beans, sauce drained and washed off

Brown ground beef in skillet with onions and garlic. Drain grease. Combine the rest of ingredients except chili beans in large pan. Add meat and let simmer 1 hour. Add chili beans and heat thoroughly. Serves 6.

COLOSSAL CHEESEBURGER

Kathy Jordan

2 pkgs. crescent rolls
5 slices American cheese
1 T. milk
Sesame seed (opt.)
1 to 2 lbs. hamburger
1 pkg. taco seasoning
1 pkg. sloppy Joe seasoning
2 c. water

Brown hamburger and drain. Add seasonings and water. Simmer until most of water is absorbed. Grease pizza pan. Separate rolls into 16 triangles. Arrange around the pan in spoke fashion with about 4 inches of tips over edge of pan. Press remaining triangles in center. Press all perforations. Spread meat over dough and top with cheese. Bring dough over filling to center. Pinch edges to seal. Brush with milk. Sprinkle with seeds. Bake at 375° for 20 to 25 minutes.

DOUGH BUROCS

Sarah Weber

1 pkg. yeast	½ c. oil or margarine
¼ c. warm water	1 egg
½ c. boiling water	¼ c. sugar
1 tsp. salt	3½ c. sifted flour

Filling:

1 lb. hamburger	1 tsp. dry onions
1½ c. chopped cabbage	1 tsp. dry green peppers

Pour ¼ cup warm water over yeast to dissolve. Pour ½ cup boiling water over oil or margarine to blend. Add egg, salt and sugar. Beat. When lukewarm, add yeast and flour. Mix and refrigerate for several hours or overnight. Mix hamburger, chopped cabbage, dry onion and green peppers. Put cabbage mixture in dough and bake at 350° until browned.

EASY ASPARAGUS/EGG SKILLET BAKE

(Italian Style)

Pam Leoni Rittof

2 (14½-oz.) cans asparagus, drained	¼ tsp. salt
10 med. eggs	¼ tsp. pepper
3 T. olive oil	1 tsp. garlic powder

In large skillet, saute on medium heat asparagus in olive oil, salt, pepper and garlic. Let saute about 15 minutes. Beat eggs in bowl. Add egg mixture to asparagus, cover and simmer until egg/asparagus mixture resembles omelet. Mix a few times with fork while simmering. Serve how as main dish or vegetable side dish. Add salt and pepper to taste. May top with cheese. May also substitute spinach (drain well before sauteeing).

ELEGANT STEAK AND RICE

Sherry Engelbert

1½ lbs. round steak	1 can cream of mushroom soup
1½ T. oil	¼ c. dry sherry
1 lg. onion, cut into rings and separated	1½ tsp. garlic salt
1 (4-oz.) can mushrooms (NOT drained)	3 c. cooked rice (little less)

Cut steak into thin strips. In large skillet brown meat in oil, using high heat. Add onions, saute until tender and crisp. Blend soup, sherry and liquid from mushrooms. Reduce heat, cover and simmer 1 hour or until steak is tender (or cover and bake at 350°). Serve over rice. Yield: 6 servings.

ELEPHANT STEW

Unknown

1 lg. elephant
2 rabbits (opt.)
10 lbs. carrots
10 lbs. potatoes
3 lbs. onions
Salt and pepper

Start with a very large stewing pot. Combine elephant and peeled and sliced vegetables. Chop onions and add to stew. Season with salt and pepper. Cook slowly over medium heat until done. You may add the rabbits if you are feeding a very large crowd, but remember, not everybody likes hare in their stew.

FIRECRACKER CASSEROLE

Sarah Jordan

1 lb. hamburger
Chopped onion
½ can Ranch beans
½ to 1 T. chili powder
1 tsp. cumin
3 flour tortillas
¾ c. Monterey Jack cheese
¾ c. cheddar cheese
½ can cream of mushroom soup
½ c. Ro-Tel

Brown hamburger and onions and place in greased casserole dish. Mix Ranch beans, chili powder and cumin. Pour over hamburger. Layer tortillas and cheese. Mix soup and Ro-Tel and pour over top. Bake at 350° for 1 hour.

FIRECRACKER ENCHILADAS

Nancy Bien

2 lbs. hamburger
1 lg. onion, chopped
1 can Ranch-style beans
1 tsp. cumin
2 tsp. chili powder
2 tsp. salt and pepper
6 flour tortillas
1½ c. shredded cheddar cheese
1½ c. shredded Monterey Jack cheese
1 can Ro-Tel tomatoes, chopped
1 can cream of mushroom soup

Brown hamburger and drain. Mix hamburger, onion, beans, cumin, chili powder, salt and pepper. Put half in a 9 x 13-inch pan. Layer 3 tortillas over mixture. Repeat with mixture and tortillas. Sprinkle cheddar and Monterey Jack cheeses over tortillas. Mix Ro-Tel tomatoes and mushroom soup. Spread over cheese. Bake for 1 hour at 350°.

GREEN PEPPER STEAK

Mary Beth Bowling

1-lb. sirloin tip steak
1 can sliced water chestnuts
1 can bamboo shoots
1 green pepper
1 can carrots
¼ c. soy sauce
1 tsp. ground ginger
2 tsp. sugar
1 beef bouillon cube
Salt and pepper to taste

Cut steak in strips. Brown in small amount of oil. Add remaining ingredients. Add enough water to cover contents. Simmer about 15 to 20 minutes. Thicken with cornstarch. Serve over rice.

GREEN RICE

Beatrice Lott

2 c. boiled rice
1 pkg. chopped frozen broccoli
2 beaten eggs
½ c. butter
1 sm. chopped onion
1 c. milk
½ lb. sharp cheddar cheese, grated

Cook rice and broccoli separately. Mix all ingredients together. Put into 2-quart casserole. Bake at 350° for 30 minutes, covered, and 30 minutes, uncovered. Serves 6.

HARVEST CASSEROLE

Mary Alice Lasseter

2 T. margarine
5 c. chopped cabbage
1 med. onion, halved and sliced
1 c. sliced carrots
1 c. drained red beans
1 lb. smoked sausage
1 (8-oz.) can stewed tomatoes
1 T. vinegar
⅓ c. Parmesan cheese
2 T. flour
Dash pepper

Heat oven to 350°. Melt margarine in Dutch oven over medium heat. Add cabbage, onion and carrots. Saute 5 minutes. Stir in beans, tomatoes and vinegar. Sprinkle cheese, flour and pepper over cabbage mixture. Stir in. Spoon into greased 2-quart casserole. Cut sausage into serving pieces. Arrange on top of cabbage mixture and push down partially. Cover and bake 40 minutes or until hot. Makes 6 servings.

HASH BROWN CASSEROLE

The Bergkamp Family

1 (32-oz.) bag hash brown chunks, thawed
1 can cream soup (your choice)
1 (12 oz.) cheddar cheese, grated
1 sm. onion, diced
1 stick oleo, melted (if using cornflakes)
1 can onion rings, crushed OR 2 c. cornflakes, crushed

Put potatoes in 9 x 13-inch pan. Mix soup, cheese and onion. Spread over potatoes. Sprinkle crushed onion rings or if using cornflakes, mix with the melted oleo and sprinkle over top. Bake at 350° for 45 minutes.

HAMBURGER PIE

Sherry Engelbert

1¼ lbs. hamburger, browned
1 can green beans
2 c. cheddar cheese
1 (8-oz.) can tomato sauce
1 can crescent rolls
1 egg

Spread rolls in bottom of pie pan. Mix 1 beaten egg and 1 cup shredded cheese and put on top of rolls in bottom of pan. Mix browned hamburger with tomato sauce and green beans. Put on top of egg and cheese. Top with remaining 1 cup of shredded cheese. Bake for 20 minutes.

HAMBURGER CASSEROLE

Dorothy Zickmund

1 lb. ground beef
3 to 4 thinly sliced carrots
1 c. chopped cabbage
Salt and pepper to taste
4 slices American cheese
1 sm. onion, sliced
3 med. potatoes, peeled and sliced
1 can cream of mushroom soup, undiluted

In large electric skillet press hamburger on bottom of skillet, covering the bottom completely, then layer onion slices, carrots, cabbage and potatoes (precook potatoes in microwave about 3 minutes). Spread soup over the top and then salt and pepper to taste. Cover and cook on medium temperature until hamburger is done and vegetables are tender, usually 20 to 25 minutes. Keep temperature low enough not to burn meat. Add cheese slices on top and let melt. Serves 4 to 5.

HAMBURGER CASSEROLE

Lisa Mudd

1 lb. hamburger
1 can green beans
1 can cream of mushroom soup
1 pkg. instant potatoes
Velveeta cheese

Fry hamburger. Mix green beans and cream of mushroom. Lay in bottom of 9 x 13-inch pan. Drain hamburger, put on top of green beans. Slice Velveeta in thin slices and lay over hamburger. Prepare instant potatoes and spread over cheese. Bake at 350° for 20 to 30 minutes.

HOBO DINNER

Jared Wiesner

Hamburger patty
Carrots, thin sliced
Potatoes, sliced
Slice of onion
Salt and pepper to taste

Place ingredients on a sheet of heavy aluminum foil over to envelope ingredients in an airtight container, double folding edges. Place on bed of coals for 7 minutes on each side, or 20 minutes in a moderate oven. Eat right out of the foil. No dishes.

HOMEMADE PIZZA

Nathan Broshear

1 tortilla
3 T. pizza sauce
½ c. grated cheese
Suggested additional toppings:
  Sausage, pepperoni, Canadian
  bacon, ground beef, etc.

Place the tortilla on a plate, then pour the pizza sauce on the tortilla. Cover the tortilla with the grated cheese, then add additional toppings to complete. Microwave on high for 1½ minutes.

LASAGNA

Carol Cover

1 lb. ground beef
2 tsp. garlic powder
1 T. parsley flakes
8 to 9 oz. tomato paste
1 T. basil
1 tsp. marjoram
1 tsp. salt
8 oz. shredded cheddar cheese
½ c. finely chopped onion
¼ tsp. black pepper
22 oz. canned chopped
  tomatoes with liquid
4 c. water
1 T. oregano
⅓ tsp. thyme
Lasagna noodle, uncooked
12 oz. shredded mozzarella
  cheese

Brown ground beef. Drain grease off. Add onion and garlic powder. Cook for 5 minutes. Add salt, pepper, parsley, tomatoes, tomato past, water and seasonings. Heat to boiling, uncovered. Remove from heat. Assemble as follows in 9 x 13-inch pan: **First Layer:** 1½ cups sauce. **Second Layer:** Uncooked noodles, lengthwise. **Third Layer:** 1½ cups sauce. **Fourth Layer:** ½ of the cheeses. **Fifth Layer:** Uncooked noodles, crosswise. **Sixth Layer:** Remaining sauce. **Seventh Layer:** Last ½ of cheeses. Tightly cover pan and bake at 350° for 1¼ to 1½ hours. Remove from oven and uncover. Let stand for 15 minutes before cutting into squares to serve.

LASAGNA FOR THE WORKING MOM

Diane Chapman

1 (8 oz.) lasagna noodles, uncooked
1 lb. hamburger
1 chopped onion
1 (32-oz.) jar spaghetti sauce
1 tsp. salt
½ tsp. pepper
1 (16-oz.) carton cottage cheese
3 eggs
3 c. shredded mozzarella cheese
½ c. Parmesan cheese

Brown hamburger and chopped onion. Drain. Add spaghetti sauce, salt and pepper. Mix in a bowl the cottage cheese, eggs, 2 cups mozzarella cheese and the Parmesan cheese. In a 9 x 13-inch pan layer sauce, noodles, cheese mixture, sauce, noodles, cheese mixture, sauce. Top with remaining cup of mozzarella. Cover with foil. (You may want to hold foil up with toothpicks. Bake at 350° for 50 minutes. Let stand 10 minutes before serving.

FAMILY FAVORITE MEAT LOAF

Julie Mendell

1½ lbs. ground beef
½ lb. ground pork
1 c. soft bread crumbs
½ c. milk
2 beaten eggs
½ c. chopped onion
¼ c. chopped green pepper
1 tsp. salt
1 tsp. seasoned salt
½ tsp. garlic powder
1 T. Worcestershire sauce
¼ c. Parmesan cheese
¼ lb. mild cheddar cheese, diced

Combine meat loaf ingredients, mixing well. Shape into loaf. Bake at 350° for 1½ hours. Combine topping ingredients, spread over top for last 10 minutes of baking time.

Topping:

¼ c. catsup
2 T. brown sugar
1 tsp. prepared mustard
¼ tsp. nutmeg

MEAT LOAF

Katie Smith

1 lb. ground round
½ lb. sausage (med. flavor)
¾ c. oatmeal
¾ c. milk
¼ c. chopped onion
1 egg
Salt, pepper and garlic powder to taste

Mix all ingredients thoroughly. Season to taste. Place in baking dish and cover top with ketchup. Bake at 350° for 1 to 1½ hour. **Optional:** Wash and poke holes in potatoes, put in oven on rack around baking dish. Potatoes will be done same time meat loaf is done.

MEATBALL CASSEROLE

Kay Stratton

½ lb. ground beef
½ c. bread crumbs
1 egg
¼ c. chopped onion
¼ tsp. salt
2 c. cooked rice
Dash pepper
1 (8-oz.) jar Cheez Whiz
1 (10-oz.) frozen chopped broccoli
1 c. chopped tomato
¼ tsp. basil
1 T. margarine, melted

Combine meat, ¼ cup crumbs, egg, onion and salt, mix lightly. Form 12 meatballs, brown in oil. Combine rice and pepper, place in bottom of 1¾-quart casserole. Cover with meatballs. Combine cheese spread, thawed and drained broccoli, tomato and basil. Spread over meatballs. Top with remaining ¼ cup crumbs tossed with margarine. Bake at 350° for 30 minutes. Serves 4 to 6. **To Make Ahead:** Follow recipe directions, omitting crumb topping. Cover and refrigerate overnight. Add topping and bake, uncovered, at 350° for 45 minutes.

SMALL MEAT LOAVES WITH NOODLES

Judy Mille

1 lb. lean ground beef
½ (8-oz.) can tomato sauce
1 tsp. salt and pepper to taste
¼ c. chopped onion
½ c. chicken broth
1½ c. crinkle noodles, partially cooked and drained

Mix above ingredients together and shape into 12 small loaves. Place in a baking dish. Cover with 1 can cream of mushroom soup and ½ cup chicken broth mixed together. Bake 1 hour at 325°

MEXICAN CHICKEN

Mary Jo Wahweotten

1 (3-lb. or more) chicken
Doritos
1 lg. onion
2 c. cheese
1 can cream of mushroom soup
1 can cream of chicken soup
1 can Ro-Tel tomatoes
½ can chicken broth

Cook chicken until meat falls off bones. Cut into small pieces. Place in 12 x 9-inch baking dish, greased. Place layer of Doritos over chicken. Grate onion and sprinkle over Doritos. Grate cheese over this mixture. Mix together soups, Ro-Tel and chicken broth. Pour over other ingredients. (May also sprinkle grated cheese over the top.) Bake 30 minutes at 350°.

HOMEMADE MEXICAN TACOS

Billie Delatorre

3 lbs. ground beef
1 to 2 pkgs. Williams Chili powder
½ c. onions, chopped
3 tsp. salt
1 (16-oz.) can tomato sauce
½ c. water
1 head lettuce, shredded
2 tomatoes, chopped
1 pkg. mild cheddar cheese, grated
Taco shells

In skillet, brown ground beef, onion and salt. After browned, drain fat from beef. Add chili powder, tomato sauce and water. Simmer on low for 20 to 25 minutes. Fill taco shells with beef, lettuce, tomatoes and cheese.

LAYERED MEXICANA CASSEROLE

Rosemary Pratt

3 c. shredded cooked chicken
1 c. shredded cheddar cheese
½ c. sliced green onions
1 (16-oz.) carton sour cream
1 (4-oz.) can diced green chilies, drained
¾ tsp. cumin
1 (12-oz.) jar mild or med. salsa
8 (8-inch) flour tortillas
½ c. (2 oz.) shredded cheddar cheese
Salsa

Heat oven to 400°. In large bowl stir together chicken, 1 cup cheese, green onions, sour cream, chilies and cumin. Pour 1 cup salsa into 10-inch pie pan. Lay 1 tortilla in salsa, coating 1 side lightly. Place tortilla, salsa side down, in 2-quart greased souffle dish or straight-sided round deep casserole. Spread ½ chicken mixture on top or tortilla. Repeat with 3 tortillas and chicken mixture. Spread with ½ cup salsa. Continue layering tortillas and chicken mixture, ending with tortilla. Top with any remaining salsa and ½ cup shredded cheddar cheese. Cover, bake for 35 to 40 minutes or until heated through. Let stand 10 minutes, cut into wedges. Serve with additional salsa.

POLISH REUBEN CASSEROLE

Kimberlee Wolz

2 cans condensed cream of mushroom soup
1⅓ c. milk
½ c. chopped onion
1 T. prepared mustard
2 cans sauerkraut, rinsed and drained
1 pkg. uncooked wide egg noodles
1½ lbs. Polish sausage, cut into ½-inch pieces
2 c. shredded Swiss cheese
¾ c. whole-wheat bread crumbs
2 T. melted butter

Combine soup, milk, onion and mustard in medium bowl, blend well. Spread sauerkraut in a greased 9 x 13-inch pan. Top with the cooked noodles, spoon soup mixture evenly over top. Top with sausage, then cheese. Combine crumbs and butter in small bowl. Sprinkle over top. Cover pan tightly with foil. Bake in preheated 350° oven for 1 hour or until noodles are tender. Uncover and bake 10 minutes until golden on top. Cool 10 minutes and enjoy.

EASY PORK AND BEAN CASSEROLE

Sue Garrod

1 lb. hamburger
1 sm. can pork and beans
1 T. chili powder
½ c. tomato juice

Brown hamburger in skillet. Add pork and beans (do not drain). Add chili powder and tomato juice. You may add more or less of each to your taste. Let simmer 10 minutes. May be served over cornbread.

EASY ITALIAN PORK DINNER

Denise Geist

4 (4-oz.) pork chops
¼ c. Italian dressing
2 T. oil
4 med. potatoes, peeled and thinly sliced
1 sm. onion, sliced
2 T. butter
2 T. Italian dressing
¼ c. shredded mozzarella cheese

Marinate pork chops in ¼ cup Italian dressing in baking dish for 3 hours. Brown in oil in skillet. Return to marinade. Layer potatoes and onion over chops. Dot with butter. Drizzle with 2 tablespoons Italian salad dressing. Sprinkle with cheese. Bake, covered, at 375° for 1 hour or until tender. Yield: 4 servings.

PORK CHOPS-N-POTATO BAKE

Clara Guerin

6 pork chops
Oil
Seasoned salt
1 can condensed cream of celery soup
1 c. shredded cheese
½ c. milk
½ c. sour cream
¼ tsp. black pepper
1 pkg. thawed hash brown potatoes
1 can Durkee fried onions

Brown chops in skillet. Sprinkle with seasoned salt, set aside. Combine soup, milk, sour cream, pepper and ½ teaspoon seasoned salt. Stir in potatoes, ½ cup cheese and ½ can fried onions. Spoon into baking dish. Put chops over this mixture. Bake, uncovered, at 350° for 40 minutes. Top with remaining onions and cheese. Bake 5 minutes more.

PARTY KRAUT

2 (1-lb.) cans sauerkraut
2 lbs. ¾-inch pork chops
½ lb. knackwurst in ½-inch slices
2 apples, sliced thin
1 onion, sliced thin
½ c. dry white wine or substitute with 1 T. caraway seed
½ tsp. seasoned salt

Mix kraut, onions and apples. Layer in large pan with meat (chops on top for oven, anyway for crockpot). Mix wine and seasoned salt. Pour over rest and cover. Cook 1 to 2 hours in 350° oven, 6 to 8 hours on high for crockpot.

POSOLE

Debra Didde

3 lbs. boneless pork shoulder
1 boneless chicken
3 onions
3 cloves garlic
½ tsp. dried oregano
1 T. extra virgin olive oil
2 T. chili powder
2 lg. cans hominy
1 can plum tomatoes
1 (4-oz.) can chopped jalapeno
¼ c. cilantro
Salt to taste

Simmer pork, chicken, 1 sliced onion, 1 clove garlic and oregano in water to cover for 1 hour. Strain and refrigerate meat and stock overnight. Next day, remove fat from stock. Cut pork and chicken in bite-sized pieces. In a large pot, saute 2 chopped onions and 2 minced cloves garlic in oil until translucent. Add meat and chili powder and brown. Add stock and remaining ingredients and simmer 1 hour. Serve with garnishes. **Garnishes:** Shredded cabbage, cubes of cream cheese, sliced radishes, crisp tortilla strips, cilantro, green onion, avocado and shredded cheese.

POTATO CASSEROLE

Julie Jumet

2 pkgs. hash browns
1 pt. sour cream
2 c. grated cheese
½ c. chopped onion
1 can celery soup
2 c. cornflakes
2 sticks oleo, melted

Layer ingredients with cornflakes on top. Bake at 350° for 45 minutes. Save ¼ cup oleo and 1 cup cornflakes for topping.

5 LAYERED POTATO CASSEROLE

Rhonda Allen

2 med. onions, sliced
½ lb. browned ground beef
8 med. potatoes, cooked and sliced
1 c. frozen corn, cooked
2 (10½-oz.) cans cream of mushroom soup

In a nonstick 9 x 13-inch pan, layer the following: Slice onions, ground beef, potatoes, cooked corn and cream of mushroom soup. Cover with foil and bake at 350° for 30 minutes. **Variations:** Replace corn with peas, carrots, broccoli, zucchini or you name it. Serves 8.

QUICHE

Dawn Bones

1 pie crust (may bake 8 minutes at 425°)
1 onion, chopped
2 T. butter
4 oz. ham, chopped
6 oz. Swiss cheese, grated
3 eggs
6 oz. sour cream
1½ tsp. seasoned salt

Melt butter in skillet. Add onion and cook till clear. Beat eggs and seasoned salt together, stir in sour cream until smooth. Add ham, cheese and onion. Mix well, then pour into pie crust. Bake at 375° for 30 to 35 minutes or until puffed and lightly browned.

WILD RICE AND SAUSAGE CASSEROLE

Belinda Ball

1 (12-oz.) pkg. pork sausage
½ c. chopped onion
1 (6-oz.) pkg. long-grain and wild rice (example, Rice-A-Roni)
2½ c. hot water
1 c. chopped celery
½ c. chopped water chestnuts

In large frying pan brown sausage with onion. Stir in rice mixture, add water and contents from flavor package. Heat to boiling, reduce heat, cover and simmer 30 minutes. Fold in celery and water chestnuts. Place in casserole dish, bake at 350° for 30 minutes. May also be used for stuffing chicken, duck or turkey.

SCALLOPED POTATOES

Dorothy Didde

2 lbs. frozen hash browns (Southern-style, not shredded)
½ c. chopped onion
8 oz. sharp cheddar cheese, shredded
1 sm. carton cream of chicken soup
1 sm. ctn. sour cream
¼ c. melted margarine
¼ tsp. salt
¼ tsp. pepper

Put potatoes in large bowl and let thaw for 30 minutes, then add rest of ingredients. Bake, covered, ½ hour at 375°. Bake another 30 minutes at 350°. Bake in a 9 x 13-inch baking dish. Sprinkle top with ½ cup crushed potato chips (may also use cornflakes or bread crumbs mixed with ¼ cup melted margarine). Put crumbs on last 30 minutes of baking. Remove cover 10 minutes before turning off oven.

SKILLET SURPRISE

Clarice Dengel

1 to 1½ lbs. smoked sausage
¼ c. sliced green onions
⅔ c. sliced celery
1 (4-oz.) can mushroom pieces
1½ c. boiling water
¼ tsp. pepper
1½ tsp. chili pepper
2 env. individual tomato soup mix
1½ c. instant rice

Slice sausage in ¼-inch slices and combine it with onion and celery in large skillet. Cook over low heat till vegetables are tender-crisp. Add mushrooms, water, salt, pepper, chili pepper and soup mix. Heat till bubbling, add rice and stir. Remove from heat, cover and let stand 10 to 15 minutes. Serves 4.

SKETTI SQUARES

Julie Mendell

8 oz. thin spaghetti
½ c. milk
1 egg, well beaten
32-oz. jar spaghetti sauce
3-oz. pkg. pepperoni
2 c. shredded mozzarella cheese
1 lb. hamburger, cooked and drained

Heat oven to 350°. Cook spaghetti as directed on package. Drain, rinse with hot water. Lightly grease 9 x 13-inch baking dish. In large bowl, lightly toss cooked spaghetti with milk and egg. Turn mixture into prepared baking dish, spreading evenly. Spoon sauce over top. Place hamburger and pepperoni over sauce. Sprinkle with cheese. Bake at 350° for 30 to 40 minutes. Allow to cool 5 minutes before cutting into squares.

SPANISH HAMBURGER RICE

Cyndi Wilson

Brown:

1 lb. hamburger
½ c. chopped onion
½ c. chopped green pepper
¼ c. chopped celery

Stir in:

2 cans tomato sauce
1 c. beef bouillon
½ tsp. paprika
2 tsp. salt
1 tsp. sugar
1½ c. Minute Rice

Brown ingredients listed. Add rest of ingredients. Cover and simmer for 10 to 20 minutes. Serves 4 to 6.

SPANISH RICE AND MEATBALLS

Al Zabloudil

1 slice bread
Water
1 lb. hamburger
¼ c. chopped onion
½ tsp. salt
¼ tsp. pepper
Dash Worcestershire sauce
1 T. ketchup
2 tsp. mustard
⅛ tsp. sage
2 to 3 c. rice (regular or Minute)
1 (16-oz.) can diced tomatoes

Put bread in medium bowl with enough water to soak. Shred with fork. Add remaining ingredients except rice and tomatoes. Form into balls about the size of a large walnut. Brown. Prepare rice according to package directions except substitute tomatoes for some of the water. Add tomatoes near end of rice preparation. Place meatballs in bottom of casserole dish. Pour rice-tomato mixture on top. Bake, covered, in oven 15 to 20 minutes. Add water if necessary.

SPOONBURGERS

Nancy Salser-Davis

1 lb. ground beef
1 T. minced onion
1 tsp. mustard
1 T. Worcestershire sauce
1 can undiluted chicken gumbo soup
⅛ tsp. pepper
¼ tsp. salt
⅓ c. ketchup
⅛ c. water

Brown ground beef, drain, add onion and stir. Add remaining ingredients. Simmer 20 minutes. Serve on toasted onion buns.

SWEET AND SOUR CHILI

Debra Didde

1 lb. lean ground beef
¼ c. chopped onion
1 clove garlic, minced
1 to 1½ c. water
1 (6-oz.) can tomato paste
1 T. grated Parmesan cheese
1 tsp. sugar
½ to 1 tsp. chili powder
½ tsp. salt
¼ tsp. dried parsley
¼ tsp. pepper
2 (15-oz.) cans 3-bean salad

In large saucepan, cook beef, onion and garlic until meat is brown and onion is tender. Drain if necessary. Add 1 cup water, tomato paste, cheese, sugar, chili powder, salt, parsley and pepper. Mix well. Add undrained 3-bean salad. Bring to boil. Reduce heat, cover and simmer 30 minutes, adding additional water if necessary and stirring occasionally.

STRING PIE CASSEROLE

Kimberlee Wolz

1 lb. ground beef
½ c. chopped onion
¼ c. chopped green pepper
15½ oz. spaghetti sauce
8 oz. spaghetti (hot), cooked and drained
⅓ c. Parmesan cheese, grated
2 eggs, beaten
2 tsp. butter
1 c. cottage cheese
½ c. grated mozzarella cheese

Cook beef, onions and green peppers in a large skillet until meat is browned. Drain and stir in spaghetti sauce and mix well. Combine eggs, spaghetti, Parmesan cheese and butter in a large bowl and mix well. Place in a lightly greased 13 x 9-inch baking dish. Spread cottage cheese over top, pour sauce mixture over cottage cheese. Sprinkle mozzarella cheese over top. Bake at 350° until cheese melts, about 30 minutes.

SIMPLE SWEET 'N SOUR PORK

Sherry Huschka

1 c. barbecue sauce
½ c. water
⅓ c. vinegar
1 green pepper, chopped
12-oz. jar pineapple preserves

Cut 3 or 4 pork steaks into bite-size pieces. Brown. Salt and pepper to taste. Mix together barbecue sauce, water and vinegar. Pour sauce mixture over meat and simmer 45 minutes. Add green pepper and pineapple preserves. Simmer 15 minutes more. Serve over cooked rice.

& Seafood
Breads & Rolls
Pies, Pastry

SWEET AND SOUR SPARERIBS

Terry Singhurst

1 lb. spareribs
2 T. soy sauce
½ c. cold water
1 med. onion, sliced
1 c. sugar
3 T. cornstarch
2 c. oil
1 c. vinegar
¼ c. soy sauce

Boil ribs in ½ cup water for 20 minutes. Dredge in mixture of 1 tablespoon cornstarch and 2 teaspoons soy sauce. Fry in a very hot skillet until brown. Saute onions, mix sugar, vinegar, ¼ cup soy sauce and 2 tablespoons cornstarch. Cook until thick, then add ribs and onions, heat thoroughly.

SAUSAGE AND SPINACH SANDWICH LOAF

Kay Stratton

1 (1-lb.) loaf frozen bread dough
¾ to 1 lb. Italian sausage
1 lg. onion, chopped
1 (10-oz.) pkg. frozen chopped spinach, thawed
¼ tsp. crushed red pepper
1 (2¼-oz.) can sliced ripe olives, drained
⅔ c. grated Parmesan cheese
Melted butter or margarine

Thaw bread dough as package directs. Remove sausage casings and crumble meat into frying pan with onions. Cook over medium heat until meat is browned and onion is limp, drain fat. Squeeze out spinach, stir spinach and pepper into pan. On a floured board, roll dough into an 11 x 15-inch rectangle. Scatter meat mixture onto dough to within 1 inch of edges. Sprinkle with olives and cheese. Starting with a long side, roll up tightly, pinch ends and seams. Place loaf, seam side down, on a greased baking sheet, tuck ends under. Brush with melted butter and slash top. Bake in a 350° oven until golden, approximately 35 minutes. Cut into thick slices. Makes 6 servings. Serve hot or cold.

SPINACH LASAGNA

Marcia L. Houck

1 (32-oz.) jar spaghetti sauce
1 (16-oz.) box lasagna noodles, uncooked
3½ c. mozzarella cheese
1 tsp. oregano
1 tsp. salt
1 (16-oz.) carton cottage cheese
2 eggs
1 pkg. frozen spinach

Mix 2 cups mozzarella cheese, cottage cheese, spices, eggs and spinach together in pan. In 13 x 9 x 2-inch pan layer sauce, noodles and cheese mixture. Repeat layers, ending with sauce on top and remaining 1½ cups of mozzarella cheese. Pour 1½ cups water over top and cover with foil. Bake 1¼ hours at 350°.

TACO CASSEROLE

Theresa Zabloudil

1 lb. hamburger, browned and drained
Onion (opt.)
1 env. taco seasoning
1 can cream of mushroom soup, undiluted
1 (15-oz.) can tomato sauce
Shredded cheddar cheese

Mix all ingredients, except cheese, together. Put in 2-quart greased casserole dish. Sprinkle cheese on top. Bake at 350° for ½ hour, covered. If made ahead and refrigerated, bake at 350° for 1 hour.

TACO LASAGNA

Patty Zabloudil

2 c. hamburger
1 pkg. taco seasoning
2 c. colby cheese, grated
2 to 4 flour tortillas
1 can Mexican beans (not refried)
1 c. picante sauce

Brown hamburger, drain grease. Mix in seasoning. In an 8 x 8-inch dish layer meat, cheese, then tortilla. Repeat until meat is gone. Pour beans on top of layers. Top with sauce and remaining cheese. Microwave at 70% power for 10 minutes.

TACO PIE

Regina Roecker

1 lb. ground beef
½ c. onion
1 env. taco seasoning
1¼ c. milk
¾ c. Bisquick
1 c. cheddar cheese
3 eggs
2 tomatoes
1 green pepper
Lettuce
Sour cream
Taco sauce

Brown hamburger and onions. Add taco seasoning to meat and pour in greased dish. Top with chopped green pepper. Beat Bisquick, milk and eggs until smooth, about 1 minute. Pour over meat mixture and bake 25 minutes. When done top with sour cream and cheese and heat until cheese melts. Remove from oven and top with lettuce, tomato and additional cheese if desired. Serve with taco sauce.

TACO SALAD

Yvonne Knight

8-oz. bag taco flavored Doritos
1 lb. hamburger
1 can chili beans
1 sm. head lettuce
1 tomato
Thousand Island dressing
Cheddar cheese, grated
Taco sauce (opt.)

Layer in 9 x 13-inch pan as follows. Crush Doritos, place in bottom of pan. Brown and drain hamburger, mix with can of chili beans and put on top of chips. Make salad of lettuce, tomato and small amount of dressing for next layer. Top with grated cheddar cheese. Serve with taco sauce for those wanting more spice and flavor!

TATER TOT CASSEROLE

Brian Bowers

1 lb. ground beef
Tater Tots
1 sm. onion, chopped
1 can early peas
1 can cream of mushroom soup
8 oz. sour cream
Salt and pepper

Brown ground beef. Combine in casserole dish with all ingredients except Tater Tots. Bake at 350° for 45 minutes.

TEXAS HASH

Veronica Ouellette

2 med. onions, sliced
1 sm. green pepper, minced
1½ T. fat
½ lb. ground beef
1 c. cooked tomatoes
¼ c. washed uncooked rice
1 tsp. salt
½ tsp. chili powder
Dash pepper

Heat oven to 350° (moderate). Saute onions and green pepper in hot fat until yellow. Add ground beef and fry until mixture falls apart. Stir in remaining ingredients. Pour into greased 1½-quart baking dish. Cover and bake 1 hour. Remove cover last 15 minutes. Serve hot. Makes 3 servings.

TORTILLA CASSEROLE

Carol Cover

1 lb. ground beef, browned
¾ lb. grated Cheddar cheese
1 can cream of mushroom soup, canned with juice
12 oz. crushed or chopped tomatoes
¾ tsp. cumin
⅛ tsp. cayenne pepper
1 lb. flour tortillas
¼ c. finely diced onion
1 sm. can chopped chilies
¾ tsp. salt
¼ tsp. garlic powder
2 tsp. sugar

Mix all ingredients except cheese and tortillas together and heat to blend flavors. Layer in 9 x 13-inch pan sprayed with Pam in the following order: Sauce, tortillas, sauce, shredded cheese, tortilla, etc. Repeat 2 to 3 times, ending with cheese. Bake at 350° for 30 to 45 minutes. Let stand for 15 minutes before cutting into squares and serving.

HOT TURKEY SALAD

Yvonne Knight

2 c. chopped, cooked turkey
2 c. cooked rice
1 c. chopped celery
½ c. slivered almonds
¼ c. finely chopped onion
2 T. lemon juice
3 lg. eggs, hard-cooked, peeled and chopped
1 (10¾-oz.) can cream of chicken soup
½ c. salad dressing
½ c. crushed potato chips

Combine all ingredients except potato chips. Pour into 3-quart casserole, top with crushed chips. Bake, uncovered, for 30 minutes in 350° oven.

TUNA STEW

Sharon Schnieders

2 lg. potatoes
1 sm. can peas
1 sm. can carrots
1 can white tuna, drained
¼ c. flour
½ stick oleo
2 c. milk
½ tsp. celery salt
½ tsp. onion salt
¼ tsp. pepper

Peel potatoes, cut into ¼-inch chunks. Cover with water. Microwave potatoes on high for 20 minutes. Drain. Melt butter and stir in the flour to make a roux. Stir in the milk. Drain and add potatoes, peas, carrots and tuna. Add seasonings to taste. Stir on low heat until slightly thickened. Serve with biscuits. Makes 4 servings.

CURRIED TUNA CASSEROLE

Peg McClay

2 c. cooked rice
1 onion, chopped
4 stalks celery, chopped
2 T. butter or oleo
2 tsp. salt
2 tsp. curry powder
1 can cream of mushroom soup
1 can mushrooms (opt.)
1 can tuna

Saute onion and celery (mushrooms if fresh) in butter. Add salt and curry. Add soup, rice and tuna. Cover and bake until bubbles in 375° oven for approximately 25 to 30 minutes. Remove lid for 5 minutes to brown. May be topped with onion rings.

ZUCCHINI CASSEROLE

Rosalie Osburn

1 c. grated zucchini
½ c. Bisquick
2 eggs, slightly beaten
¼ c. oil
¼ lb. grated Cheddar cheese
¼ tsp. salt
Dash pepper

Mix together. Put in greased casserole. Bake at 350° approximately 40 to 45 minutes.

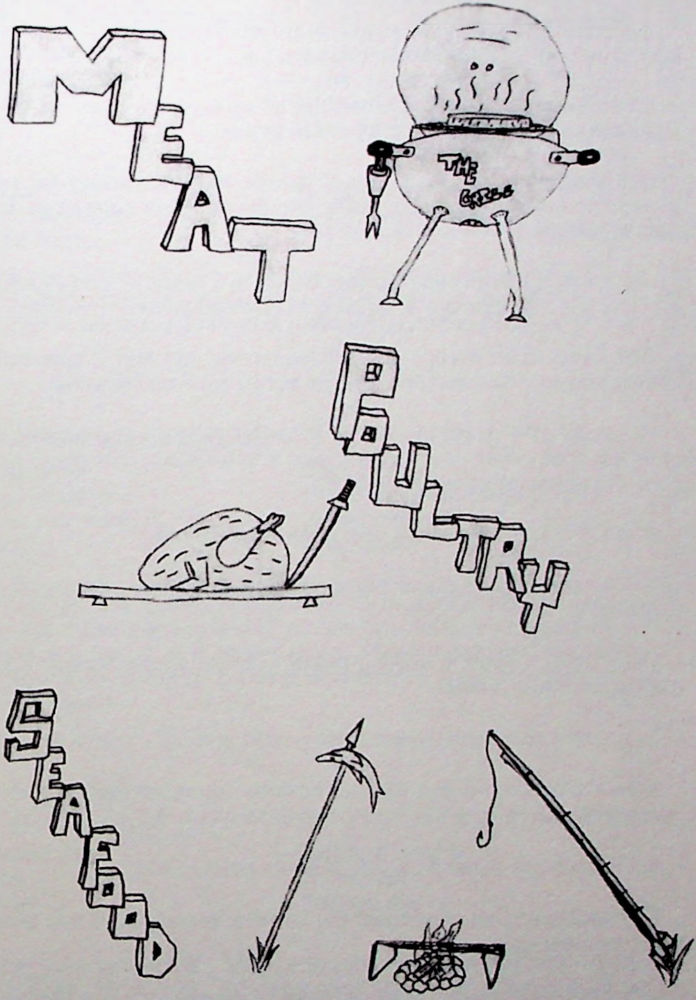
ZUCCHINI CASSEROLE

Jordan Fish

1 c. chopped zucchini
1 c. Bisquick
½ c. Parmesan cheese plus 3 tsp.
4 eggs, well beaten
4 T. seasoned salt
½ c. chopped onion
½ c. oil

Mix together above ingredients. Put in pan to cook at 350°. Top with 3 tablespoons Parmesan cheese. Cook for 1 hour.

Recipe Favorites


MEAT
THE GRILL
POULTRY
SEAFOOD

Meat, Poultry & Seafood

Helpful Hints

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.

- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.

- Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.

- Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.

- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.

- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.

- When in doubt, always sift flour before measuring.

- When cooking in glass pans, reduce oven temperature by 25 degrees.

- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.

- To prevent scorching when scalding milk, first rinse pan in hot water.

- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.

- Nut breads are better if stored 24 hours before using.

- To make bread crumbs, toast the heels of bread and put in blender or food processor.

- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.

- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

BARBECUED MEATBALLS

Dawn Bones

1 (13 oz.) evaporated milk	1 c. chopped onion
3 lbs. hamburger	½ tsp. garlic powder
2 c. oatmeal	2 tsp. salt
2 eggs	2 tsp. chili powder

Sauce:

2 c. catsup	½ tsp. garlic powder
1½ c. brown sugar	½ c. chopped onion
2 T. liquid smoke	

Mix first 8 ingredients together and shape into walnut-sized balls. Place in pan in single layer (may take 2 pans). Mix sauce ingredients until brown sugar is dissolved, pour over meatballs. Bake at 350° for 1 hour.

PORCUPINE MEATBALLS

Cindy Mars

1 lb. hamburger	Dash pepper
⅓ c. uncooked rice	1 (10¾-oz.) can tomato soup
¼ c. chopped onion	½ tsp. chili powder
¼ c. water	¼ c. water
1 tsp. salt	

Mix hamburger, rice, onion, ¼ cup water, 1 teaspoon salt and pepper together and make into meatballs. Mix tomato soup, chili powder and ¼ cup water together in a heavy skillet. Place meatballs into sauce mixture and bring to full boil. Cover and simmer over low heat for 1 hour, turning once.

RICE MEATBALLS

Debbie Geist

1 lb. hamburger	Salt and pepper
½ c. rice	Garlic salt
½ c. water	Tomato sauce
Onion	

Mix all ingredients together. Make into meatballs. Pour tomato sauce over top. Bake 30 minutes, covered, and 15 minutes, uncovered, at 350°.

SMOTHERED MEATBALLS

Darlene Singhurst

1½ lbs. hamburger
2 eggs
1 c. quick oats
Salt and pepper
1 can cream of mushroom soup
3 T. cornstarch

In a bowl beat eggs, salt, pepper, oats and hamburger. Roll into small balls. Place in skillet and brown each side. Place soup in bowl. Mix cornstarch into soup. Slowly pour 2 cans of water into soup. Pour soup over meatballs. Bring to a boil. Turn fire down and simmer for about 1 hour.

BEER BALLS

Linda Seitz

1 lb. hamburger
Salt and pepper to taste
½ can beer
½ c. catsup
2 T. brown sugar
2 T. vinegar
2 T. Worcestershire sauce

Mix hamburger, salt and pepper. Make into small meatballs. Brown 5 minutes. Drain. Place meatballs into a baking dish. Mix remaining ingredients to make a sauce, heat while making and browning meatballs. Pour over meatballs in baking dish and bake 45 minutes at 350°.

BBQ RIBS IN THE CROCKPOT

Monica Sobba

2½ lbs. country-style ribs
½ c. flour, seasoned with salt and pepper
½ c. onions, chopped

Sauce

¾ c. ketchup
2 T. vinegar
2 T. Worcestershire sauce
Water
1 T. soy sauce
½ c. sugar

Roll ribs in flour seasoned with salt and pepper. Put in crockpot. Add onions. Mix sauce ingredients and remaining flour mixture, using enough water to thin sauce. Pour sauce over ribs. Cook on high 5 to 6 hours.

MEAT LOAF

Marjorie Korte

2 lbs. ground beef
½ lb. sausage
1 can tomato soup
2 eggs
2 c. dry oatmeal
Lots of onion
Salt and pepper

Mix, put in casserole dish, then mix and put on top ½ cup catsup, ¼ cup brown sugar and 1 teaspoon mustard. Bake at 350° to 375° for 1½ hours.

"MOM'S MEAT LOAF"

John F. Golden

1 to 1½ lbs. ground beef
1 egg
1 c. milk
⅓ c. catsup
¼ c. chopped onion
¾ c. cracker crumbs
A shake Worcestershire sauce
Salt and pepper to taste

Use an 11¾ x 7 x 1¾-inch baking dish or similar dish. Put all above ingredients in baking dish. Mix with spoon or hands. After thoroughly mixed, shape in oblong loaf, then poke holes (304) in loaf with finger so it will cook through (family secret). Eat hot or cold in sandwiches. Bake in 325° oven for about 1 hour.

"SWEET MEAT LOAF"

Nancy Winter

1 c. Grape Nuts
1½ lbs. ground beef
1 c. milk
1 egg
¼ tsp. pepper
1 tsp. Worcestershire sauce
2 T. minced onion
¼ tsp. salt
½ c. catsup
3 T. brown sugar
1 T. mustard

Combine first 8 ingredients and shape into loaf (you may mix Grape Nuts, milk and beef and let stand for a few minutes first). Combine the remaining 3 ingredients and pour over top of loaf or spread on bottom of loaf pan or casserole. Bake 1 hour and 15 minutes at 300°.

TEX-MEX MEAT LOAF

Teresa Powers

1 tsp. vegetable oil
1 c. finely chopped onion
1 red pepper, diced
1 T. chili powder
¼ tsp. ground red pepper
1 tsp. minced garlic
1 lg. egg
1 tsp. salt
1½ lbs. 95% lean ground beef, turkey breast or chicken
2 c. fresh bread crumbs
1 can or frozen thawed corn
⅓ c. plus 2 T. ketchup
⅓ c. low fat (1%) milk
½ tsp. pepper

Mix ingredients. Put into loaf pan. Bake at 325° for 75 to 80 minutes.

BAKED STEAK

Kimberlee Wolz

6 beef cube steaks
1 c. sliced mushrooms
½ c. celery, chopped
1 c. green bell pepper, chopped
1 c. onion, sliced
2 cans cream of mushroom soup
2 soup cans water
1 pkg. brown gravy mix, made according to directions
2 tsp. Worcestershire sauce

Brown cube steaks and place in covered baking dish. Place mushrooms, celery, pepper and onions on top. Mix together in mixing bowl, mushroom soup, water gravy mix (made according to package directions), and Worcestershire sauce. Pour over steak and veggies and bake 2 hours, covered, at 350°.

BEEF AND GREEN PEPPER STIR FRY

Sarah Jordan

½ lb. sirloin tip steak, sliced
½ T. soy sauce
1 T. oil
1½ T. water
2 T. cornstarch
1 tsp. sugar
1 tsp. soy sauce
Sliced green pepper
Sliced carrots (opt.)
Onion (opt.)

Heat skillet with a small amount of oil and stir fry beef. Change oil and stir fry vegetables. Combine water, cornstarch, sugar and soy sauce in a small bowl. Place vegetables and beef in skillet and pour sauce over and let simmer for 5 to 10 minutes. Serve with white rice or noodles.

5 HOUR BEEF STEW

Nancy Lee

1½ lbs. stew meat, browned
3 potatoes
3 carrots
3 sticks celery
½ onion, chopped
1 sm. can tomato sauce
1 pkg. Lipton onion soup mix
2 c. water
2 T. tapioca

Bake at 250° for 5 hours. Do not remove lid, comes out perfect.

"MOM'S MEAT LOAF"

John F. Golden

1 to 1½ lbs. ground beef
1 egg
1 c. milk
⅓ c. catsup
¼ c. chopped onion
¾ c. cracker crumbs
A shake Worcestershire sauce
Salt and pepper to taste

Use an 11¾ x 7 x 1¾-inch baking dish or similar dish. Put all above ingredients in baking dish. Mix with spoon or hands. After thoroughly mixed, shape in oblong loaf, then poke holes (304) in loaf with finger so it will cook through (family secret). Eat hot or cold in sandwiches. Bake in 325° oven for about 1 hour.

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1½ lbs. ground beef
1 c. milk
1 egg
¼ tsp. pepper
1 tsp. Worcestershire sauce
2 T. minced onion
¼ tsp. salt
½ c. catsup
3 T. brown sugar
1 T. mustard

Combine first 8 ingredients and shape into loaf (you may mix Grape Nuts, milk and beef and let stand for a few minutes first). Combine the remaining 3 ingredients and pour over top of loaf or spread on bottom of loaf pan or casserole. Bake 1 hour and 15 minutes at 300°.

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1 c. finely chopped onion
1 red pepper, diced
1 T. chili powder
¼ tsp. ground red pepper
1 tsp. minced garlic
1 lg. egg
1 tsp. salt
1½ lbs. 95% lean ground beef, turkey breast or chicken
2 c. fresh bread crumbs
1 can or frozen thawed corn
⅓ c. plus 2 T. ketchup
⅓ c. low fat (1%) milk
½ tsp. pepper

Mix ingredients. Put into loaf pan. Bake at 325° for 75 to 80 minutes.

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½ c. celery, chopped
1 c. green bell pepper, chopped
1 c. onion, sliced
2 cans cream of mushroom soup
2 soup cans water
1 pkg. brown gravy mix, made according to directions
2 tsp. Worcestershire sauce

Brown cube steaks and place in covered baking dish. Place mushrooms, celery, pepper and onions on top. Mix together in mixing bowl, mushroom soup, water gravy mix (made according to package directions), and Worcestershire sauce. Pour over steak and veggies and bake 2 hours, covered, at 350°.

BEEF AND GREEN PEPPER STIR FRY

Sarah Jordan

½ lb. sirloin tip steak, sliced
½ T. soy sauce
1 T. oil
1½ T. water
2 T. cornstarch
1 tsp. sugar
1 tsp. soy sauce
Sliced green pepper
Sliced carrots (opt.)
Onion (opt.)

Heat skillet with a small amount of oil and stir fry beef. Change oil and stir fry vegetables. Combine water, cornstarch, sugar and soy sauce in a small bowl. Place vegetables and beef in skillet and pour sauce over and let simmer for 5 to 10 minutes. Serve with white rice or noodles.

5 HOUR BEEF STEW

Nancy Lee

1½ lbs. stew meat, browned
3 potatoes
3 carrots
3 sticks celery
½ onion, chopped
1 sm. can tomato sauce
1 pkg. Lipton onion soup mix
2 c. water
2 T. tapioca

Bake at 250° for 5 hours. Do not remove lid, comes out perfect.

GRANDPA'S FAVORITE

Cyndi Wilson

- 3 to 4-lb. chuck roast
- ½ lb. bacon
- 1 lg. onion
- 1 clove garlic
- 1 (12 to 16 oz.) beer
- ¼ c. brown sugar
- 1 (4-oz.) can mushrooms
- Salt and pepper
- ½ c. water

Preheat oven to 350°. Partially fry bacon (¼-inch pieces), sliced onion, chopped garlic and drained mushrooms. Remove from pan. Rub salt, pepper and brown sugar into roast. Brown or sear roast on both sides. Pour beer and water on roast. Put bacon, onions, garlic and mushrooms over roast. Bake until tender. Carrots and potatoes are great baked with the roast, too!

GRILLED BEEF KABOBS

Paula Mages

- 1-lb. boneless sirloin steak, cut in 1½-inch cubes
- 1 (8-oz.) bottle French dressing
- 2 T. Worcestershire sauce
- 2 T. lemon juice
- 8 to 10 slices bacon
- Bratwurst, green pepper, mushrooms, and onions, cut in chunks
- Garlic powder and pepper

Place beef and sausage in shallow pan. Combine dressing, Worcestershire sauce, lemon juice, pepper and garlic. Pour over meat. Cover and refrigerate 8 to 24 hours. Drain and reserve marinade. Wrap bacon around beef cubes. Alternate beef and veggies on skewers. Grill over hot coals, basting with marmalade.

HOMEMADE SALAMI OR BOLOGNA

Clara Weigand

- 2 lbs. lean ground beef
- 2 T. TenderQuick Morton's meat cure
- ½ tsp. liquid smoke
- ¼ tsp. onion salt
- ⅛ tsp. garlic powder
- 1 c. water
- ¼ tsp. salt

Mix all together, shape into 2 (6-inch) rolls. Wrap in plastic wrap and refrigerate 24 hours. Unwrap and place in shallow baking pan and bake 1 hour at 300°. Cool and store in refrigerator.

MEXICAN OVEN DISH

Bernice Alderson

- 1 lb. hamburger
- 1 lg. onion, chopped
- 1 can tomato soup
- 1 green pepper, chopped
- 1 pkg. spaghetti
- 2 tsp. Worcestershire sauce
- ½ c. grated cheese
- 1 can whole kernel corn

Brown meat, mix all of the ingredients except the cheese together and place in large baking dish. Sprinkle with cheese and bake in 300° oven for 45 minutes.

ROULADEN

Maria Grosdider

4 beef slices, 1 inch thick, approx. 4 inches wide and 8 inches long
Salt, pepper and mustard
1 onion
1 dill pickle, sliced
4 slices bacon
½ c. flour

On 1 side of meat sprinkle with salt, pepper and mustard to taste. Add slices of bacon, onion and dill pickle. Starting at narrow end roll up the beet slices and secure with toothpicks. In hot oil or shortening brown on all sides. Add enough water and simmer for 1 hour or till done.

SALISBURY STEAK WITH MUSHROOM GRAVY

Rose Whitacre

1½ lbs. ground beef
1 lg. can milk
2 tsp. bottled gravy sauce
¾ tsp. salt
¼ c. dry bread crumbs
1 egg
1 (10¾-oz.) can mushroom soup
¼ tsp. pepper
¼ c. minced onion

Combine meat, egg, bread crumbs and onions, salt and pepper. Shape into patties. Preheat electric skillet to 325°. Brown patties on both sides. In small bowl combine soup, milk and gravy sauce. Pour over patties. Reduce heat to 200°. Simmer 15 to 20 minutes or until done. Makes 6 to 8 patties.

SHREDDED BEEF SANDWICHES

Peg McClay

1 (3-lb.) beef chuck or pot roast
1 lg. onion, chopped
3 bay leaves
⅓ c. vinegar
½ tsp. salt
½ tsp. ground cloves
⅛ tsp. garlic powder
Spinach or lettuce leaves
8 to 10 French rolls, split

Use 3 or 4-quart electric slow cooker. Combine vinegar, onion, bay leaves, salt, cloves and garlic powder. Pour over meat, cover and cook on low 11 to 12 hours. Remove meat, use 2 forks to shred meat, discard bones and fat. If desired line split rolls with spinach or lettuce. Place meat on rolls. Strain juices, skim off fat. Serve juices with sandwiches for dipping. Makes 8 to 10 servings. Green pepper may be added.

GLAZED BACON

Mildred Rechifertig

½ lb. meaty bacon
⅓ c. brown sugar
2 tsp. Dijon mustard
2 T. frozen apple juice concentrate, thawed

Lay bacon strips on jellyroll pan. Bake in 350° oven for 10 minutes to render fat. Pour off fat. Mix brown sugar, mustard and apple juice together and spread half of mixture over tops of bacon. Return to oven for 8 minutes, then turn bacon over and cover with remaining sugar mixture. Bake until golden brown, about 8 more minutes.

HAM LOAF

John F. Golden

¾ lb. ground smoked ham
¾ lb. ground fresh pork
1 c. cornflakes
½ c. milk
2 eggs
½ tsp. salt
¼ tsp. pepper

Topping:

½ c. brown sugar
¼ c. vinegar
1 T. prepared mustard

Use glass Pyrex 11¾ x 7 x 1¾-inch baking dish. Mix all ingredients except topping in dish. Shape into an oblong loaf in dish. Bake at 325° for about 1 hour. **Topping:** Heat topping and pour over loaf after cooked.

PORK CHOPS-POTATO DISH

Julie Jumet

6 pork chops, browned
6 lg. potatoes, sliced
½ c. soup can milk
1 can cream of mushroom or cream of celery soup
¼ c. chopped onion

Put pork chops in greased 9 x 13-inch pan. Spread potatoes over pork chops and onion over potatoes. Salt and pepper as desired. Mix milk and soup, pour over all. Bake at 350° for 1 hour and 15 minutes.

CHICKEN A LA CHARDON

Kay Stratton

6 boneless chicken breast halves
1 egg
Salt, pepper
3/8 tsp. garlic powder, divided
1 c. Italian seasoned bread crumbs
1/2 c. Parmesan cheese
1/2 c. butter
1 tsp. chopped parsley
Juice of 1/2 lemon
1/2 lb. mushrooms, sliced

Wash and dry chicken breasts, beat egg with salt and pepper to taste and 1/8 teaspoon garlic powder in shallow bowl. Combine bread crumbs, 1/8 teaspoon garlic powder and cheese in shallow dish. Dip each chicken piece in egg mixture, then roll in crumb mixture. Place in single layer in large baking dish. Melt butter in small saucepan. Stir in remaining 1/8 teaspoon garlic powder, parsley and lemon juice. Pour 1/2 of butter sauce over chicken. Bake at 375° for 25 to 30 minutes. Remove from oven, sprinkle with mushrooms and pour remaining sauce over. Return to oven and bake 5 to 10 minutes longer. Serves 6.

CHICKEN ENCHILADAS

Ervin and Janet Prather

2 lg. whole chicken breasts, poached
1 c. chopped onion
2 cloves garlic, minced
1 T. butter
1 (16-oz.) can tomatoes, chopped
1 (8-oz.) can tomato sauce
8 oz. grated Monterey Jack cheese
1/4 c. chopped green chiles
1 tsp. ground cumin
1/2 tsp. salt
1/2 tsp. oregano
1/2 tsp. basil
12 corn tortillas
1 1/2 c. sour cream or plain yogurt

Cut chicken meat into 12 strips and salt to taste. Set aside. In a saucepan, saute onion and garlic in butter until soft. Add tomatoes, tomato sauce, chiles, cumin, salt, oregano and basil. Bring to boil, reduce heat and simmer, covered, for 20 minutes. Remove from heat. Dip each tortilla in tomato mixture to soften. Place 1 piece of chicken and 2 tablespoons of cheese on each tortilla. Roll up and place, seam side down, in an ungreased 9 x 13-inch pan. Blend sour cream into remaining sauce and pour over enchiladas. Sprinkle with remaining cheese. Bake at 350° for 40 minutes. Makes 6 servings.

EASY CHICKEN

Michele Dean

6 chicken breasts or 1 whole chicken, cut up
1 bottle creamy Italian dressing

Put chicken in 9 x 13-inch pan. Pour the dressing over the chicken and cook for 1 hour at 350° or till brown. Serve over instant rice or potatoes.

EASY CHICKEN AND NOODLES

Lisa Whitacre

1 pkg. chicken legs
3 cubes chicken bouillon
1 can cream of chicken soup
1 can cream of celery or mushroom soup
Egg noodles (amount to your own consistency)

Put chicken in crockpot as is, add soups, bouillon and spices/seasonings. Set crockpot setting to low all day (8 hours). Debone chicken, fat and cut chicken up, put back in crockpot. Add egg noodles to chicken and cook till noodles are done. Serve.

FORGOTTEN CHICKEN

Jane Broshear

3 to 3½-lb. chicken, cut up
2 cans cream of mushroom soup
2 soup cans water
1 pkg. onion soup mix
2 c. long-grain rice

Preheat oven to 350°. In large mixing bowl mix soups and water, set aside. Place rice in 9 x 13-inch baking pan, arrange chicken on top of rice. Pour soup mixture over chicken and rice. Bake for 1½ hours or till chicken is tender.

HAWAIIAN CHICKEN

Katie Smith

2 lbs. broiler-fryer pieces
Salt and pepper
2 T. honey
1 (8¼-oz.) can sliced pineapple
⅓ c. Heinz 57 sauce

Place chicken in baking dish. Season with salt and pepper. Bake in 400° oven for 30 minutes. Meanwhile, drain pineapple, reserve 2 tablespoons liquid. Combine reserved liquid, 57 sauce and honey and pour over chicken. Bake an additional 25 minutes, basting occasionally. Arrange pineapple over chicken, bake 10 minutes longer. Drain excess fat from sauce. Spoon sauce over chicken. Good served with rice.

ITALIAN CHICKEN

Denise Geist

3 to 4-lb. chicken, cut, skinned and rinsed
½ c. Italian dressing
2 c. cornflakes, crushed
2 T. Parmesan cheese
½ tsp. salt
⅛ tsp. pepper

Put chicken in a large bowl and pour Italian dressing over it. Cover the bowl and marinate in refrigerator for at least 1 hour (may marinate longer for more flavor). Mix remaining ingredients in a flat bowl. Roll chicken in, turning to coat evenly. Place chicken on a lightly-oiled shallow pan and bake, uncovered, at 375° for 45 to 50 minutes. Chicken should be fork-tender.

MOROCCAN CHICKEN WITH VEGETABLES

Ervin and Janet Prather

4 boneless chicken breasts
½ tsp. salt
2 T. salad oil
3 med. carrots, sliced
1 sm. onion, thinly sliced
1 sm. clove garlic, minced
1 (8-oz.) can whole tomatoes in juice
1 c. frozen peas
¼ c. raisins
¼ tsp. ground cinnamon
⅛ tsp. black pepper

Sprinkle chicken with salt. In large skillet, heat oil over medium heat. Add chicken, cook until lightly brown on both sides, about 5 minutes. Remove chicken. Add carrots, onion and garlic to drippings and saute for 5 minutes. Stir in remaining ingredients, breaking up tomatoes with a spoon. Bring to a boil. Return chicken to skillet, topping with sauce. Reduce heat, cover and simmer for 10 minutes or until chicken is cooked.

MOZZARELLA CHICKEN

Kathy Jordan

12 chicken breasts
1 to 2 minced garlic cloves
¾ c. chopped onion
2 (15-oz.) cans tomato sauce
32-oz. jar home-style spaghetti sauce
1 c. water
1 tsp. mint
1 tsp. basil
2 tsp. oregano
½ c. sliced green olives
1 pkg. grated mozzarella cheese

Brown garlic and onion in a little oil. Add next 7 ingredients. Simmer 1 hour (may be frozen at this point). Flour and brown chicken breasts. Place in a 9 x 13-inch pan. Cover with sauce. Bake at 325° for 1 hour. Cover with cheese and bake another 5 minutes or until cheese is melted.

PAN BAR-B-Q CHICKEN

Annette Ferguson

½ c. vinegar
½ c. Worcestershire sauce
1 c. catsup
⅔ c. sugar
1 T. dried mustard
2 c. water
8 to 10 pieces raw chicken

Bring all ingredients to a boil. Add raw chicken and simmer for 1 hour. (Convenient when made in an electric skillet.)

PARMESAN CHICKEN BREASTS

Kathy Fry-Ferguson
Teresa Powers

6 boneless chicken breasts
2 T. melted margarine
½ c. grated Parmesan cheese
¼ c. dry bread crumbs
1 tsp. dried oregano
1 tsp. parsley flakes
¼ tsp. paprika
¼ tsp. salt
¼ tsp. black or red pepper

Preheat oven to 400°. Spray 15 x 10-inch baking pan with nonstick cooking spray. Dip chicken in melted margarine and coat with remaining ingredients. Place chicken in a single layer on the prepared pan. Bake 20 to 25 minutes or until cooked through.

SUSIE'S CHICKEN

Nancy Salser-Davis

4 boneless chicken breasts
1 can golden mushroom soup
1 c. sour cream
½ c. white wine

Place rinsed chicken breasts in a glass baking dish. Mix together sour cream and wine. Add undiluted soup, stir till blended. Pour mixture over chicken breasts. Place, covered, in 325° oven for 30 minutes. Remove cover, bake another 30 minutes (sauce will thicken). Serve over rice with sauce.

SWEET AND SOUR CHICKEN

Frances Mille

¼ c. catsup
¾ c. sugar
½ c. vinegar
1 tsp. soy sauce
1 tsp. salt
½ tsp. M.S.G.

Mix all ingredients and set aside. Dip chicken (I use chicken wings) in beaten egg and roll in cornstarch. Brown in frying pan. Place chicken in baking dish and pour sauce over chicken. Bake 1 hour or till done in 350° oven.

SWEET SOUR PORK OR CHICKEN

Kathy Corbin

1½ lbs. pork or chicken, cut into bite-size pieces
2 T. oil
¼ c. water

Brown pork or chicken in oil. Add water, cover and simmer until tender. Add more water as needed.

2 T. cornstarch
½ tsp. salt
¼ c. brown sugar
¼ c. vinegar
1 c. pineapple juice
1 T. soy sauce

Combine and cook till thick, stir constantly. Pour over cooked meat.

¾ c. sliced green pepper
1 (No. 2) can pineapple chunks
¼ c. sliced onions

Stir last 3 ingredients into meat/sauce mixture. Cook 2 to 3 minutes. Serve over hot rice.

DIMITRI TURKEY PATTIES

Jane Bowers

1½ to 2 lbs. ground turkey
4 to 5 diced potatoes
½ tsp. parsley
½ tsp. pepper
½ tsp. salt
1 sm. chopped onion
1 egg
Bread crumbs

Combine all ingredients except egg and bread crumbs. Form into patties. Dip in egg, then bread crumbs. Bake in heavily buttered casserole dish. Frying instead of baking is optional for crispier patties.

TOASTED TURKEY SANDWICHES

Sherry Engelbert

12 slices buttered French bread, ½ inch thick
6 thin slices cooked turkey
2 eggs, lightly beaten
2 T. butter OR margarine
⅓ c. whole-berry cranberry sauce
6 thin slices fully cooked ham
½ c. milk
½ c. salad dressing or mayonnaise

Make 6 sandwiches, dividing turkey and ham evenly between bread. In a shallow bowl, beat eggs and milk. Dip sandwiches, turning to coat both sides. In a large skillet over medium heat, melt butter. Brown sandwiches on both sides. Combine the salad dressing and cranberry sauce, mix well. Serve with sandwiches. Yield: 6 servings.

CRAB CAKES

Tori Reeves

1 lb. crab meat, drained
2 eggs, beaten
1 sm. onion, finely cut
2 T. spicy mustard
1 T. mayonnaise
1 tsp. salt
1 c. mashed potatoes
½ cracker crumbs
Pepper to taste

Flake crab meat, then blend with remaining ingredients except cracker crumbs. Shape mixed ingredients into patties, roll in cracker crumbs, then fry in oil until golden brown. Yields 6 servings.

SALMON

Maxine Peed

½ tsp. salt & 1 tsp. vinegar for each 1-qt. jar carp or buffalo fish (cut-up)

Put salt and vinegar in bottom of jar and add fish. Pack dry in jars. Cook for 1 hour and 50 minutes in pressure cooker at 10 pounds pressure for quart jars or 90 minutes for pint jars. Put 2 inches of water in bottom of cooker.

TUNA AND RICE MUFFINS

Beverly Sellers

2 c. cooked rice
4 oz. shredded cheddar cheese
6 oz. tuna
8 black olives, cut up (opt.)
1 T. parsley flakes
1 T. dehydrated onion
1 tsp. seasoned salt
1 egg
4 T. milk

Sauce:

8 tsp. margarine
1 T. lemon juice
½ tsp. seasoned salt
½ tsp. parsley flakes

Combine rice, cheese, tuna, olives, onion, parsley and salt. Stir in egg and milk, mixing thoroughly. Spray 12 muffin tins with Pam. Divide rice mixture evenly among cups. Bake in 375° oven for 15 minutes or until lightly browned. Loosen with spatula and arrange on plate. Serve with Tangy Butter Sauce.

Tangy Butter Sauce:

8 tsp. margarine
1 T. lemon juice
½ tsp. seasoned salt
½ tsp. parsley flakes

Combine ingredients and spoon over muffins.

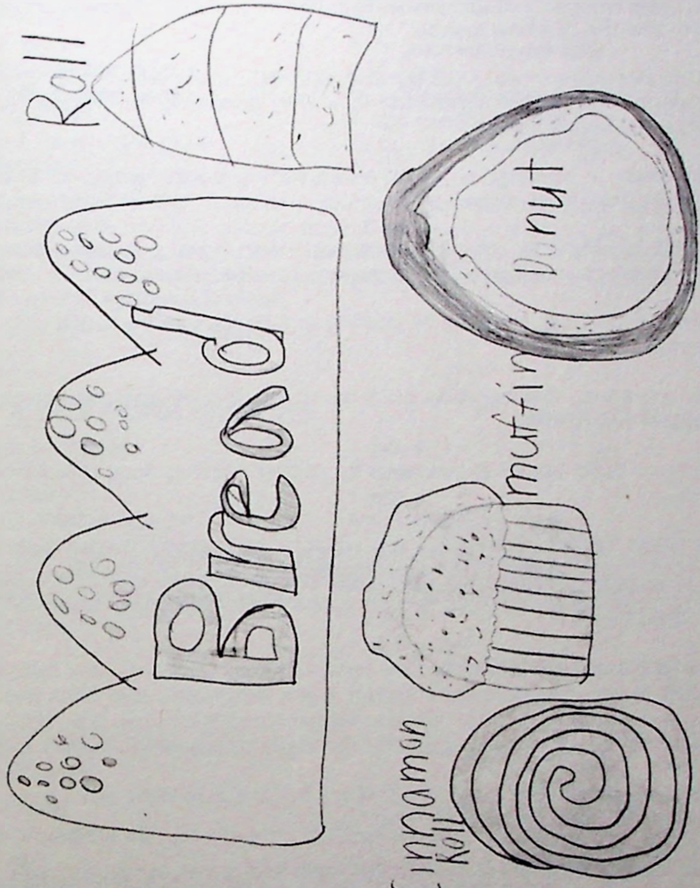
WILD RICE SALMON CASSEROLE

Sister Amelia

1 lb. cooked fresh salmon or drained canned salmon
1 c. wild rice, uncooked
1 sm. onion, chopped
1 green pepper, chopped
1 T. butter or margarine
1 pimento, diced
1 tsp. salt
2 (4-oz.) cans sliced mushrooms
1 c. boiling water
½ c. slivered almonds

Preheat oven to 350°. Pour 4 cups boiling water over 1 cup uncooked wild rice and let stand for 15 minutes. Saute celery, onion and green pepper in margarine. Drain wild rice and put in a casserole with sauteed vegetables, salmon and all ingredients except almonds. Sprinkle almonds on top and bake 90 minutes.

Recipe Favorites


Roll
Donut
Bread
muffin
Cinnamon
Roll

Breads & Rolls

Helpful Hints

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Prevent ice from forming by pouring anti-freeze into the metal slide on your glass door.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Remove stale odors in the wash by adding washing soda or baking soda.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

Roach Poison: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

CHOC-CHIP BANANA MUFFINS

Matthew Ferguson

2 c. flour
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1½ c. mashed very ripe bananas
⅔ c. packed brown sugar
2 lg. eggs
¼ c. vegetable oil
1 tsp. vanilla extract
½ c. mini chocolate chips

Preheat oven to 400°. Grease muffin pan cups. Combine flour, baking powder, soda and salt in large bowl. Combine bananas, sugar, eggs, oil and vanilla in medium bowl. Stir into dry ingredients just until combined, stir in chocolate chips. Spoon into prepared cups. Bake 20 minutes or until toothpick is clean.

GOLDEN CORN MUFFINS

Ethel L. Rothwell

¾ c. cornmeal
1¼ c. flour
¼ c. sugar
5 tsp. baking powder
1 tsp. salt
1 c. milk
1 egg
1½ T. butter or oleo

Sift flour, baking powder, salt, sugar and cornmeal into a mixing bowl. Add milk, beaten egg and melted butter. Mix all together and bake in muffin pans or 8 x 10-inch greased pan at 375° for 15 minutes or until done.

HAM AND CHEESE MUFFINS

Debbie Hough

½ c. milk
3 T. vegetable oil
1 egg
1½ c. biscuit mix (such as Bisquick)
¾ c. shredded Cheddar cheese
½ c. chopped ham
⅓ c. chopped green pepper
⅓ c. chopped onion

Heat oven to 400°. Grease and flour 12 medium muffin cups. Beat milk, oil and egg slightly in large bowl. Stir in remaining ingredients with fork until moistened. Divide batter evenly among 12 muffin cups. Bake until golden brown, 15 to 20 minutes. Serve warm.

JOGGERS GEMS

(Muffins)

Mary Redeker

1 c. raisins
½ c. plus 1 T. shortening
2 c. flour
1 tsp. cinnamon
2 tsp. cloves
1½ c. applesauce
1 c. sugar
2 eggs
½ tsp. soda
1 tsp. baking powder
¼ tsp. salt

Chop raisins. Add a few drops salad oil for easier chopping. Cream shortening and sugar. Beat in eggs. Add sifted dry ingredients alternately with applesauce, mixing after each addition. Add raisins and mix. Pour into paper cups in muffin pans. Bake at 350° for 20 to 25 minutes.

OATMEAL MUFFINS

Teresa Powers

1 c. milk, soured
1 c. quick oats
1 c. flour
1 tsp. baking powder
⅓ c. shortening, melted and cooled or liquid oil
½ c. brown sugar
1 egg
1 tsp. salt
½ tsp. soda

Soak oatmeal for 15 minutes in sour milk. Stir in brown sugar and egg. Sift remaining dry ingredients. Stir into first mixture. Add oil and stir until just blended. Fill muffin tins ⅔ full. Bake 20 minutes at 400°.

REFRIGERATOR BRAN MUFFINS

Kathy Corbin

1 c. boiling water
1 c. Nabisco 100% Bran
½ c. vegetable shortening
1 c. sugar
2 eggs, beaten
2 c. buttermilk or sour milk
2 c. Kellogg's All-Bran
2½ c. flour
2½ tsp. soda
½ tsp. salt

Combine water and 100% bran to soak. Cream shortening and sugar well and add eggs. Add milk or sour milk and All-Bran to creamed mixture. Sift flour, soda and salt and stir into batter. Lastly add Nabisco Bran mixture. Bake in greased muffin tins, 15 to 18 minutes at 400° (batter will keep in refrigerator 4 to 6 weeks). Recipe may be doubled.

SPICE MUFFINS

Sherry Huschka

1 c. butter, softened
2 c. sugar
2 eggs
2 c. applesauce
3 tsp. cinnamon
2 tsp. allspice
½ tsp. ground cloves
1 tsp. salt
2 tsp. baking soda
4 c. flour
Confectioners' sugar

Preheat oven to 350°. Cream butter and sugar with mixer. Add eggs, one at a time. Mix in applesauce and spices. Sift together salt, soda and flour. Add to batter and beat well. Bake in lightly greased muffin tins for 10 to 15 minutes. Sprinkle with confectioners' sugar. Batter will keep in refrigerator for 3 weeks. Makes 3 dozen regular or 6 dozen small muffins.

BAKING POWDER BISCUITS

Brett Adkinson

½ c. shortening
2 c. all-purpose flour
1 T. sugar
3 tsp. baking powder
1 tsp. salt
¾ c. milk

Heat oven to 450°, cut shortening into flour, sugar, baking powder and salt until it resembles fine crumbs. Stir in milk until dough leaves side of bowl (dough will be soft and sticky). Turn out onto floured surface, knead lightly 10 times. Roll or pat ½ inch thick, cut with 2½-inch round cutter. Place on ungreased cookie sheet. Bake 10 to 12 minutes. Remove from the cookie sheet. Makes 1 dozen biscuits, 155 calories each.

SWEET POTATO BISCUITS

Debra Didde

3 sweet potatoes, boiled
½ c. buttermilk
½ tsp. soda
½ tsp. salt
2 c. sugar
¼ c. shortening

Peel potatoes and mash with all the above ingredients. Mix with self-rising flour, up to 6 cups. Roll out and cut out. Bake in greased pan in 450° oven till lightly browned.

THE BEST CORNBREAD EVER!

Nancy Winter

1 c. sugar
½ c. margarine
2 eggs
2½ c. flour
1 c. cornmeal (yellow or white)
1 tsp. salt
2 c. buttermilk
3 tsp. baking soda

Cream sugar and butter. Add eggs, one at a time, in mixer. Add baking soda to buttermilk (mixture will rise some, so leave room in cup or bowl). Add dry ingredients (flour, salt and cornmeal) alternately with milk mixture. Mix well. Bake at 400° for 25 to 30 minutes in 9 x 13-inch pan.

THE LODGE CORNBREAD

Bonnie Harber

2 eggs
1 c. sugar
½ tsp. salt
3 c. flour
1 c. milk
1½ tsp. baking powder
¾ c. cornmeal
1 tsp. vanilla

Cream eggs and sugar. Add salt, flour and rest of the ingredients. Pour in 12 x 4½ x 2½-inch pan or 2 regular-size loaf pans. Bake at 350° for 45 minutes.

MEXICAN CORNBREAD

Julie Jumet

1 c. cornmeal
1 c. milk
½ c. oil
2 eggs
1 (15-oz.) can cream-style corn
½ tsp. soda
½ tsp. salt
½ tsp. crushed red pepper
1 chopped onion
½ lb. grated cheddar cheese

Combine and mix. Bake in 8-inch square pan at 350° for 55 minutes.

QUILTED CHEESY CORNBREAD

Tamra Redeker Coopman

1 (8½-oz.) box corn muffin mix
1 egg
¾ c. sour cream
¼ c. chopped pimento
¼ c. chopped green pepper
½ tsp. garlic powder
¼ lb. Fontina cheese, cut into 10 (¼-inch) strips

Heat oven to 400°. Line an 8-inch square pan with aluminum foil, grease foil. In medium bowl, combine muffin mix, egg, sour cream, pimento, green pepper and garlic powder. Mix well. Spread evenly in prepared pan. Arrange cheese strips in crosswise rows, 1 inch apart, in quilt pattern on top of batter. Bake 20 minutes or until lightly browned. Makes 8 servings.

BANANA BREAD

Sherry Engelbert

1 stick butter
1¾ c. flour
1 tsp. baking powder
3 sm. or 2 lg. mashed bananas
1 c. sugar
2 eggs
1 tsp. soda

Mix and bake at 325° for almost 1 hour.

BANANA NUT BREAD

Debbie French

¾ c. oleo
1½ c. sugar
2 eggs
¾ c. mashed bananas
1 tsp. vanilla
⅔ c. buttermilk
1¾ c. flour
1 tsp. baking powder
½ tsp. salt
1 tsp. soda
½ c. nuts
½ c. black walnut flavoring

Beat sugar and oleo until lemon colored. Add eggs, beaten well. Add bananas and vanilla and black walnut flavoring, beat. Mix dry ingredients. Add dry ingredients alternately with buttermilk. Beat after each addition. Stir in nuts. Pour into 2 greased and floured 6½ x 10-inch loaf pans (work best). Bake at 350° for 25 minutes.

BANANA NUT BREAD

JoAnna Lewis

⅓ c. shortening
1 c. sugar
2 eggs
3 mashed bananas
2⅓ c. flour
½ tsp. baking powder
½ tsp. salt
1 tsp. soda
½ c. milk
1 c. chopped nuts

Cream shortening and sugar. Add eggs and beat. Add mashed bananas, beat. Add dry ingredients, one cup at a time. Add milk and mix before adding last cup of dry ingredients. Add nuts and mix well. Bake at 350° for 1 hour in a greased and floured loaf pan.

BUTTERSCOTCH BUBBLE BREAD

Jan Redeker Wallis

24 oz. frozen rolls
3½-oz. pkg. butterscotch pudding (not instant)
½ c. brown sugar
1 tsp. cinnamon
¼ tsp. nutmeg
¾ stick oleo
¾ to 1 c. pecans

Butter bundt or angel food pan. Dump in frozen rolls evenly around pan. Blend in bowl the pudding mix, brown sugar, spices and nuts. Scatter over dough balls. It will sift down between rolls as they thaw and rise. Cut oleo into pats and arrange over top of pan. Cover with foil loosely. Go to bed, leaving pan to rise on counter at room temperature. Next morning, bake at 350° for 35 minutes. Loosen after baking and invert on a plate.

CHEDDAR APPLE BREAD

Ann Lutz

2½ c. flour
¾ c. sugar
2 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
2 eggs, beaten
¾ c. milk
⅓ c. margarine, melted
2 c. (8 oz.) shredded sharp cheddar cheese
1½ c. chopped, peeled apples
¾ c. chopped nuts

Combine dry ingredients. Add combined eggs, milk and margarine, mix well. Stir in remaining ingredients. Spoon into well greased and floured 9 x 5-inch loaf pan. Bake at 350° for 65 to 70 minutes or until wooden pick inserted in center comes out clean. Let stand 5 minutes, remove from pan.

POPPY SEED BREAD

Jo Robinson

3 c. flour
2½ c. sugar
1½ tsp. salt
1½ c. milk
1½ tsp. baking powder
1⅛ c. oil
3 T. poppy seed
1 tsp. vanilla
3 eggs

Mix together. Pour in 2 regular loaf pans that are greased and floured. Bake at 350° for 1 hour and 15 minutes.

Glaze:

¾ c. sugar
1 tsp. vanilla
¼ c. orange juice
½ tsp. almond extract
2 T. oleo

Mix together and spoon over bread while still in pan. As bread cools, keep spooning over top.

POPPY SEED BREAD

Nanette Maxwell

3 c. flour
1½ tsp. salt
1½ tsp. baking powder
2¼ c. sugar
3 eggs
1½ c. milk
1 c. plus 2 T. oil
1½ to 3 T. poppy seed
1½ tsp. vanilla
1½ tsp. almond flavoring
1½ tsp. butter flavoring

Add all ingredients together. Beat 2 minutes. Pour into 2 bread pans. Bake 55 minutes at 350°. Glaze while hot with mixture of ¾ cup powdered sugar, ½ teaspoon butter flavoring, ½ teaspoon almond flavoring and ½ teaspoon vanilla flavoring and ¼ cup orange juice.

GREENHOUSE ZUCCHINI NUT BREAD

Kathy Jordan

3 eggs
2 c. sugar
1 c. oil
2 c. shredded zucchini
2½ c. flour
2 tsp. baking soda
½ tsp. baking powder
3 tsp. cinnamon
2 tsp. vanilla
½ c. chopped nuts
1 (4-oz.) can crushed pineapple

Cream sugar, oil and eggs. Add dry ingredients. Stir in zucchini, nuts and vanilla. Pour in 2 greased and floured regular loaf pans. Bake at 325° for 1 hour.

PUMPKIN BREAD

Zella Stine

2 c. sugar
1 c. Crisco oil
4 eggs
1½ tsp. cinnamon
⅔ c. cranberry juice
2 c. pumpkin
3½ c. flour, sifted with 2 tsp. soda

Beat eggs, sugar and oil until creamy. Add pumpkin, water, flour and soda. Bake 1 hour at 350°. Makes 3 loaves.

PUMPKIN RIBBON BREAD

Unknown

2 (3 oz.) cream cheese, softened
⅓ c. sugar
1 T. flour
1 egg
2 T. grated orange peel

Beat all together in bowl. Set aside.

Bread Ingredients:

1 c. pumpkin
½ c. vegetable oil
2 eggs
1½ c. sugar
1⅔ c. flour
1 tsp. baking soda
½ tsp. salt
½ tsp. cloves, ground
½ tsp. cinnamon
1 c. chopped pecans

Mix bread ingredients in order given. Mix to blend. Pour half of batter into 2 greased and floured 7½ x 3½-inch loaf pans. Carefully spread cheese filling over batter. Add remaining batter, covering filling. Bake at 325° for 1½ hours or until bread tests done with toothpick. Cool 10 minutes before removing from pans.

WALNUT BREAD

Belinda Ball

3 c. flour, sifted	**¼ c. shortening**
1 c. sugar	**1½ c. milk**
4 tsp. baking powder	**1 tsp. vanilla**
½ c. coarsely chopped walnuts	**½ tsp. salt**
1 egg, beaten	

Resift flour with sugar, baking powder and salt. Stir in 1¼ cups of walnuts. Add egg, shortening and vanilla. Mix until ingredients are blended. Pour into greased and floured 9 x 5 x 3-inch loaf pan. Sprinkle remaining ¼ cup walnuts over top. Bake at 350° for 60 to 70 minutes. Let loaf stand in pan 10 minutes, then turn out onto wire rack to cool. Makes 1 loaf of bread.

ZUCCHINI BREAD

Regina Jameson

2 c. sugar	**2 c. flour**
1 c. oil	**1 tsp. baking soda**
3 eggs	**½ tsp. baking powder**
2 c. raw grated zucchini	**1 tsp. salt**
3 tsp. cinnamon	**½ c. nuts (opt.)**
1 T. vanilla	

Blend, pour into greased muffin loaf or bundt pan. Bake at 350° for 20 to 25 minutes for muffins, 45 minutes for bundt cake or 35 to 45 minutes for loaf bread. While warm, drizzle with powdered sugar glaze if desired.

ZUCCHINI BREAD

Kay Stratton

3 eggs, beaten	**3 c. whole-wheat flour**
1 c. oil	**1 tsp. baking soda**
2 c. brown sugar	**1 tsp. salt**
2 c. grated zucchini	**¼ tsp. cinnamon**
2 tsp. vanilla	**½ c. chopped nuts**

Mix first 5 ingredients in large bowl. Add dry ingredients. Stir just until blended. Pour into large greased loaf pan. Bake at 375° for 75 minutes.

PUMPKIN BREAD

Jean Geist

4 eggs	**3½ c. flour**
3 c. sugar	**2 tsp. baking soda**
1 (No. 303) can pumpkin	**1½ tsp. pumpkin pie spice**
1 c. oil	**1 tsp. salt**
¾ c. water	

Beat together eggs and sugar. Add the rest of ingredients in order. Prepare 4 (1-pound) coffee cans with oil and flour. Fill ½ full and put on bottom rack of stove. Cook 70 minutes at 350°.

NEVER FAIL QUICK HOMEMADE NOODLES

Paula Mader

1 c. flour
½ tsp. salt
¼ tsp. baking powder
1 egg
¼ tsp. butter or oleo
2½ T. milk
3 drops yellow food coloring

Make a well in the flour and add dry ingredients. Add egg and milk. Beat with a fork. Mix until a stiff ball. Roll on a floured board to desired thickness. Cut. Let set for 20 minutes. Cook in broth.

NOODLES

Regina Roecker

2 med. eggs (½ c.)
2 tsp. melted margarine
1½ c. flour

Blend flour into slightly beaten eggs and melted margarine. Knead dough lightly. Divide into 2 balls and roll into thin circles. Let dry several hours. Lay 1 circle on the other and roll like a jellyroll. Cut in desired width. They may be frozen.

QUICK AND EASY SUGAR DONUTS

Tanner Reeves

1 can refrigerator biscuits
3 c. oil
1 c. sugar

Preheat oil in Fry Daddy or on medium-high to high heat on top of stove in standard pan. Cut centers out of biscuits so they resemble donuts. Fry donuts 20 to 30 seconds in hot oil on each side until golden brown. Remove donuts from oil and place on waxed paper. Sprinkle with sugar. Serve warm (cut-out centers may be fried for donut holes).

GERMAN PANCAKES

Russ Reeves

3 eggs
½ tsp. salt
½ c. flour
½ c. milk
2 T. melted butter (all-purpose nonstick spray may be used instead of butter)

Beat eggs, stir in salt, flour and milk. Melt butter in iron skillet, pour batter into skillet (batter will be thin). Preheat oven to 400°, then bake for 20 minutes. **Note:** You may substitute a round 8-inch pan sprayed with nonstick spray instead of the iron skillet with butter. Yield: 2 servings. Double ingredients to double servings.

BEST EVER WAFFLES

Rosalie Osburn

1 c. cream-style cottage cheese
6 eggs
½ c. flour
¼ tsp. salt
¼ c. oil
¼ c. milk
½ tsp. vanilla

Pour all ingredients in a blender. Cover, blend on high speed 1 minute, stopping to stir down once. Bake on greased or Teflon waffle baker. Use ¼ cup batter for each. Also may be used to make pancakes. Extra waffles may be frozen and reheated in toaster.

WAFFLES

Kathy Corbin

4 egg yolks
⅓ c. sugar
½ tsp. salt
1½ c. milk
⅓ c. salad oil
2 c. sifted flour
4½ tsp. baking powder
4 egg whites, beaten stiff

Beat egg yolks until frothy, add sugar, salt, milk and oil. Mix flour and baking powder together and add. Fold in stiffly beaten egg whites. Fry in hot waffle iron.

HUSH PUPPIES

Stephanie Hays

3 c. cornmeal
2 tsp. baking powder
1½ tsp. salt
1½ c. milk
½ c. water

Beat all ingredients above together. Blend in 1 egg and 1 onion. Make sure it is finely chopped. Make into balls and fry.

WONDER BUNS

Carol Cover

¼ c. sugar
2 c. warm water
1 egg
¼ c. oil
2¾ T. dry active yeast
2 lbs. flour
1 T. salt

Combine the sugar, yeast and warm water in mixing bowl to dissolve. Let stand for 10 minutes. Add 1 pound of the flour, egg, salt and oil to yeast mixture and beat well. Cover and let stand for 15 minutes. Add the rest of the flour and knead with dough hook for about 4 minutes or by hand for 10 minutes, until smooth and elastic. Shape into rolls and let rise to double, about 45 to 60 minutes. Bake at 375° for 20 to 25 minutes.

CINNAMON CRESCENT ROLLS

Sherry Engelbert

2 pkgs. crescent rolls, rolled out flat next to each other
¼ c. sugar
1 tsp. cinnamon
¼ to ½ stick butter, melted
1 T. brown sugar (opt.)
Dash nutmeg (opt.)

Combine sugar, cinnamon, brown sugar and nutmeg. Spread slightly cooled butter on crescent rolls. Sprinkle mixture of sugar, etc. on top of butter. Roll back up and cut with knife into 7 to 8 pieces and place on 9-inch pie pan and bake in preheated oven at 350° for 15 minutes. Bite-size pieces kids love!

BAGELS

Eileen Bowling

8 c. flour
1 T. salt
2 pkgs. yeast
2 c. lukewarm potato water
⅓ c. honey
¼ c. oil
4 eggs, slightly beaten
2 T. sugar
2 qt. boiling water

Sift together flour and salt. Dissolve yeast in ⅓ cup of potato water. Add to flour. Add honey, oil and 1⅓ cups potato water to flour and yeast mixture. Add eggs. Beat dough, then knead 10 minutes. Let rise till double, 1½ to 2 hours. Knead till smooth, shape. Add 2 tablespoons sugar to boiling water. Drop bagels into water. Bagel should sink. When it rises, turn over and boil 1 minute. Place on a greased cookie sheet. Bake 10 to 15 minutes at 450°. Makes 18 bagels. **Variations:** Add to taste crisp bacon, onion or honey/cinnamon.

JOE'S GARLIC BREAD

Teresa Powers

Approx. 1 c. softened butter and margarine per loaf
2 to 3 garlic cloves per loaf, peeled and minced
Honey (opt.)
1 loaf (or more) Italian or French bread
Basil
Paprika
Olive oil

Blend softened butter and margarine (half and half or any proportion desired) with minced garlic. If you wish, beat in a tablespoon or 2 of honey. Slice bread in half lengthwise. Spread butter-garlic mixture thickly on both cut sides of bread. Sprinkle lightly with basil, then paprika. Coat outside of loaf lightly with olive oil. Close up. Preheat oven to 350°. Wrap loaves in foil and bake in oven for 20 minutes or until inside of bread is hot and garlic is soft. Slice in large hunks. Serve hot.

QUICK CROISSANTS

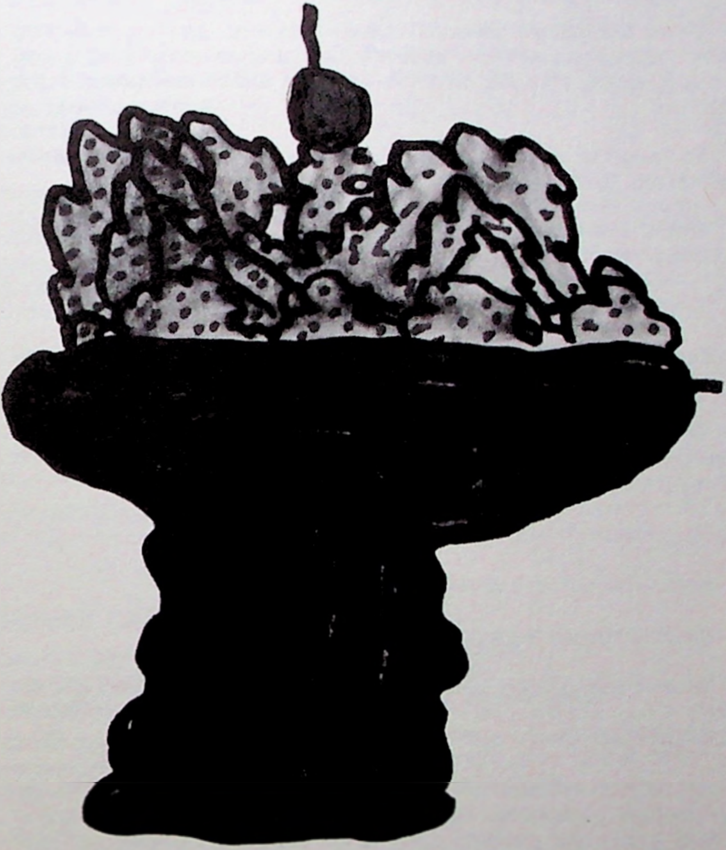
Sr. Barbara Wieseler

Dissolve 1 package yeast in 1 cup warm water and add:

¾ c. evaporated milk
⅓ c. sugar
1½ tsp. salt
1 egg
¼ c. oil

Mix 1 cup flour with yeast mixture. Cut 1 cup butter into small pieces in 4 cups flour. Add to yeast mixture. Refrigerate 4 hours to 4 days. Divide dough. Roll into approximately 17 inch round fourths, then cut each fourth into thirds. Loosely roll and put on ungreased sheets. Let stand at room temperature 2 hours. Bake 15 to 20 minutes at 350°. Makes about 2 dozen.

Recipe Favorites



Pies, Pastry
& Desserts

Helpful Hints

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.

- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.

- Never overcook foods that are to be frozen. Foods will finish cooking while being heated.

- Don't refreeze cooked thawed foods.

- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.

- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.

- Don't freeze cooked egg white. It becomes tough.

- Spray your grill with vegetable oil to prevent sticking.

- Instant potatoes are a good thickener for stews.

- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.

- Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.

- The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.

- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

APPLE PIE FILLING

Brenda Guenther

4½ c. sugar
1 c. cornstarch
2 tsp. ground cinnamon
¼ tsp. ground nutmeg
2 to 3 drops yellow food coloring
5½ to 6 lbs. tart apples, peeled, cored and sliced
3 T. lemon juice.

In large saucepan blend first 4 ingredients and 1 teaspoon salt. Stir in 10 cups water, cook and stir until thickened and bubbly. Add lemon juice and food coloring. Pack apples into hot jars, leaving 1-inch head space. Fill with hot syrup, leaving ½-inch head space (use spatula to help distribute syrup). Adjust lids. Process in boiling water bath (pints 15 minutes and quarts 20 minutes). Makes 6 quarts.

CHEESE CAKE

Regina Jameson

⅓ c. lemon juice
1 tsp. vanilla
8 oz. cream cheese
1 can Eagle Brand condensed milk

Blend until smooth. Spoon over graham cracker crust. Refrigerate until firm. Top with cherries, blueberries or strawberries.

CHEESE CAKE

2 eggs, room temp.
12 oz. cream cheese
⅔ c. sugar
1 c. sour cream
2 tsp. vanilla
1 graham cracker pie crust

Preheat oven to 350°. Beat in eggs, one at a time, with cream cheese until creamy. Add remaining ingredients and continue to beat an additional minute. Pour into pie crust. Bake 30 to 40 minutes.

CREAMY PINEAPPLE PIE

Gina Clough

¼ c. sugar
3 T. cornstarch
1⅓ c. pineapple juice
1 egg yolk
2 c. fresh pineapple chunks
1 (9-inch) pastry shell, baked

In a saucepan, combine sugar and cornstarch. Add pineapple juice, bring to a boil, stir occasionally. Boil for 2 minutes. In a small bowl beat egg yolk, stir in ¼ cup of the hot mixture. Return all to pan, cook and stir 1 minute. Remove from heat and add pineapple. Pour into crust. Chill for 2 hours.

DANG GOOD PIE

Julie Jumet

1½ c. sugar
1 c. crushed pineapple, undrained
3 eggs, lightly beaten
3 T. flour
1 c. coconut flakes
¾ stick butter or margarine
1 (9-inch) unbaked pie shell

Stir together the sugar, pineapple, eggs, flour and coconut. Melt oleo and combine with other ingredients. Pour filling into unbaked pie shell. Bake for 60 minutes at 350° or until filling is set and browned.

CHOCOLATE NUT PIE

Nancy Wedman

2 eggs, room temp.
1 c. sugar
½ c. margarine, melted and cooled
½ c. flour
1 c. chocolate chips
1 c. chopped pecans
1 tsp. vanilla

Beat eggs on high until light and cream colored. Gradually beat in sugar. Add margarine and flour, mix thoroughly. Stir in rest of ingredients. Pour into unbaked pie shell. Bake at 350° for 35 to 40 minutes. Serve warm with whipped cream if desired.

DIABETIC APPLE PIE

Maxine Peed

6 Delicious apples, chopped
6-oz. can frozen apple juice
1 tsp. cinnamon
2 T. cornstarch

Cook apples, juice and cinnamon until boiling. Add cornstarch that has been mixed with a little cold water. Place apple mixture in unbaked pie crust. Top with 1 teaspoon butter. Bake at 350° for 35 to 40 minutes.

FRESH PEACH PIE

Sister Amelia

1 baked pie crust
1 c. water
1 c. sugar
3 T. cornstarch
4 T. peach Jello
4 drops yellow food coloring

Cook water, sugar, cornstarch and Jello with food coloring until thickened. Cool. Slice fresh peaches into pie shell. Pour cooled pudding over top of peaches. Refrigerate. Serve topped with whipped cream.

GLAZED FRESH STRAWBERRY PIE

Bonnie Harber

1 baked 9-inch pie shell

Filling:

1 qt. fresh strawberries, washed and hulled
1 c. water
¾ c. sugar
3 T. cornstarch
¼ c. sugar
⅛ tsp. salt
2 to 3 drops red food coloring
Whipped cream

Remove 1 cup of smallest berries and dry remainder on paper toweling. Cook water, sugar and the cup of small berries together for 5 minutes. Strain. Add cornstarch mixed with sugar, salt and food coloring to syrup. Cook until thick. Cool slightly. Place remaining berries in pie shell. Pour glaze over them. Chill. Serve plain or with whipped cream.

LEMONADE PIE

Dina Wolken

1 (6-oz.) can lemonade
1 can Eagle Brand milk
1 lg. Cool Whip
1 graham cracker pie crust

Thaw lemonade and add milk. Mix thoroughly. Fold in Cool Whip. Pour into pie crust. Let set at least 1 hour in refrigerator before cutting and serving (keep in refrigerator).

LEMONADE PIE

Joan Wiesner

1 prepared graham cracker pie crust
1 (6 oz.) frozen lemonade concentrate
1 (8-oz.) ctn. whipped topping, thawed
1 can Eagle Brand sweetened condensed milk
Yellow food coloring (opt.)

Mix together the lemonade, sweetened milk and whipped topping. Add food color to make lemon colored. Pour in prepared pie crust and freeze.

MILE HIGH STRAWBERRY PIE

2 egg whites, room temp.
⅔ c. sugar
1 (10-oz.) pkg. frozen strawberries, thawed
Pinch salt
1 tsp. lemon juice
1 c. Cool Whip

Beat egg whites until frothy. Add sugar, strawberries, salt and lemon juice. Beat on high speed of mixer until very stiff, about 10 minutes. Fold in 1 cup of Cool Whip, put in pie shell and freeze 4 hours.

MOCK APPLE PIE

Sr. Mary Grosdidier

Peeled apples	**¾ c. melted margarine**
1 T. sugar	**1 c. sugar**
1 T. cinnamon	**1 c. flour**
½ tsp. salt	**1 egg, beaten**

Mix 1 tablespoon sugar, cinnamon and salt. Sprinkle over sliced, peeled apples that have been placed in pie pan. Mix margarine, 1 cup sugar, flour and egg. Pour over apples. Bake at 350° for 1 hour. Mixture forms a mock pie crust.

MUD PIE

Sidney Fish

1 pkg. chocolate instant pudding	**1 c. crushed Oreos**
1 c. whipped cream	**½ c. gummy worms**

Mix above ingredients together and put in small bowls. Chill and serve.

OATMEAL PIE

Mary Singhurst

3 eggs	**1 tsp. vanilla**
1 c. dark corn syrup	**¼ tsp. salt**
½ c. sugar	**¾ c. oatmeal**
2 T. butter, melted	**1 (9-inch) pie shell, unbaked**

In medium bowl, beat eggs slightly. Beat in syrup, sugar, butter, vanilla and salt. Stir in oats. Pour into pie shell. Bake at 350° for 45 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Cool.

PECAN CRUNCH PIE

Florine Zillhart

3 egg whites	**1 c. pecans, chopped**
1 tsp. baking powder	**¾ c. graham crackers, crushed**
1 c. sugar	**Cool Whip**
1 tsp. vanilla	

Beat egg whites until stiff. Add vanilla, baking powder and sugar gradually while continuing to beat. Fold in cracker crumbs and pecans. Pour into greased pie pan. Bake at 350° for approximately 30 minutes. Top with Cool Whip.

PECAN PIE

Betty Birzer

Pie shell	**⅔ c. sugar**
3 eggs	**1 c. light corn syrup**
⅓ c. melted butter	**1 c. pecans**

Preheat oven to 375°. Prepare pie shell. Combine all ingredients except pecans. Beat thoroughly. Stir in pecans. Pour in pie shell. Bake 40 to 50 minutes. Let cool before serving.

PINEAPPLE CREAM PIE

Lois Lewis

2 c. milk
1 T. margarine
³⁄₄ c. sugar
¹⁄₂ c. flour
Pinch salt
2 egg yolks
1 tsp. vanilla
1 sm. can crushed pineapple, drained

Mix sugar, flour and salt. Add 1³⁄₄ cups milk and margarine. Cook until it starts to thicken. Add beaten egg yolks mixed with ¹⁄₄ cup milk. Boil until thick. Add vanilla and pineapple. Pour in baked pie crust. Top with meringue and brown.

SOUR CREAM RAISIN PIE

Lois Lewis

1 c. raisins
1 c. sour cream
1 c. sugar
2 eggs
3 T. flour
1 tsp. vanilla

Stew raisins, drain off water and add sour cream, sugar and flour which have been mixed together. Cook 3 to 5 minutes. Add egg yolks. Cook until thick. Add vanilla. Pour in baked pie crust. Cover with meringue and brown.

STRAWBERRY PIE

Emily Chapman

Crust:

1¹⁄₂ c. flour
1¹⁄₂ T. sugar
1 T. salt
¹⁄₂ c. oil
2 T. milk

Filling:

1 c. water
1 c. sugar
2 T. cornstarch
1 sm. box strawberry Jello
3 c. sliced fresh strawberries

Crust: Whip with fork before stirring into flour mixture. It will be crumbly. Press into pie pan. Bake at 375° until golden brown. **Filling:** Combine in a saucepan, water, sugar and cornstarch. Cook over medium heat until mixture is clear. Add 3 tablespoons of dry Jello and cool. Pour over 3 cups of sliced strawberries. Pour into baked pie crust.

FLAKY PIE DOUGH

Sharon Shields

4 c. flour
1 tsp. salt
1¾ c. shortening
½ c. cold water
1 T. vinegar
1 lg. egg
1 T. sugar

Stir flour, salt and sugar together. Cut in shortening. Mix water, vinegar and egg in a bowl, mix well. Add to flour mixture. Makes 5 parts. One part equals bottom of pie. Chill at least 30 minutes before rolling into pie shells.

MILE HIGH STRAWBERRY PIE SHELL

Pie Crust:

1½ c. flour
½ c. salad oil
2 T. milk
1½ tsp. sugar
½ tsp. salt

Put all ingredients in a 10-inch pie pan. Mix with fingers. Put into shell. Bake 10 minutes or more at 400°. Cool.

"ALOHA" CHIPPERS COOKIES

Kimberlee Wolz

½ c. melted butter
⅓ c. granulated sugar
⅓ c. packed light brown sugar
1 egg
1 T. dark rum
1 tsp. vanilla
½ tsp. baking soda
⅛ tsp. salt
1¼ c. flour
½ c. chocolate chips
1 c. white chocolate chips
½ c. flaked coconut
½ c. coarsely chopped macadamia nuts

Preheat oven to 375°. Cream butter and sugars, egg, rum and vanilla until fluffy. Add soda, salt and flour. Blend until smooth. Stir in chocolate chips, white chocolate chips, coconut and nuts. Drop by rounded teaspoon onto **ungreased** cookie sheets, 2 inches apart. Bake 8 to 10 minutes or until center is just firm. Do not overbake. Remove to cooking racks to cool.

APPLE BETTY

Jo Robinson

4 c. sliced and pared tart apples
¼ c. orange juice
1½ c. sugar
1⅛ c. flour
½ tsp. cinnamon
¼ tsp. cloves
Dash salt
Dash nutmeg
½ c. butter

Mound apples in buttered 9-inch pie plate, sprinkle with orange juice. Combine sugar, flour, spices and salt. Cut in butter till mixture is crumbly, sprinkle over apples. Bake at 375° for 45 minutes.

APPLE DUMPLINGS

Brenda Fredericks

Crust:

2 c. flour
1 tsp. salt
2 tsp. baking powder
¾ c. shortening
½ c. milk
6 apples

Syrup

2 c. sugar
2 c. cinnamon
¼ tsp. nutmeg
¼ c. butter

Cook sugar, water, cinnamon and nutmeg for 5 minutes. Add butter. Set aside to cool. Cut shortening into dry ingredients. Add milk. Roll dough ¼ inch thick. Cut 6 (5-inch) squares. Pare and core apples. Place apples on dough. Dot with butter, sugar and spices. Fold corners and pinch together. Place 1 inch apart in greased baking dish. Pour sauce over apples. Bake at 375° for 35 minutes. Makes 6 servings.

BANANA NUT PUDDING

Gerry Bromert

4 c. cubed day-old French OR sourdough bread, cut in 1-inch pieces
¼ c. oleo, melted
3 eggs
2 c. milk
½ c. sugar
2 tsp. vanilla extract
½ tsp. ground cinnamon
½ tsp. ground nutmeg
½ tsp. salt
1 c. sliced firm bananas, cut in ¼-inch pieces

Place bread cubes in greased 2-quart casserole. Pour batter over and toss to coat. In medium bowl, lightly beat eggs, add milk, sugar, vanilla, cinnamon, nutmeg and salt. Stir in bananas. Pour over bread cubes and stir to coat. Bake, uncovered, at 375° for 40 minutes or until knife inserted near center comes out clean. **Sauce:** Melt 3 tablespoons oleo in small saucepan. Combine 2 tablespoons sugar and 1 tablespoon cornstarch, add to oleo. Stir in ¾ cup milk and ¼ cup light corn syrup. Cook and stir over medium heat until mixture comes to full boil. Boil 1 minute. Remove from heat, stir in 1 teaspoon vanilla extract. Serve warm sauce over warm pudding. Yield: 4 to 6 servings.

BAKED PINEAPPLE

Rose Whitacre

1 can chunk pineapple (I prefer crushed), drained but not too dry, sweetened
to desired taste
1 c. American cheese, grated
1 egg
1 T. flour
⅓ c. sugar
Pineapple juice

Put pineapple in 8 or 9-inch square baking dish. Beat egg, add sugar and flour and drained pineapple juice. Cook until rather thick, add the grated cheese. Stir until well melted. Pour over pineapple and cover with miniature marshmallows. Bake at 300° until browned.

BREAD PUDDING

Mary Altic

6 slices buttered toast
¾ c. sugar
3 slightly beaten eggs
3 c. milk
1 tsp. vanilla
⅛ tsp. salt
½ tsp. vanilla
½ tsp. cinnamon
½ tsp. nutmeg
½ c. raisins

Cut toast in quarters. Place in a greased oblong baking pan. Sprinkle raisins on toast. Combine eggs, ¼ cup sugar, salt, milk and vanilla. Pour over toast and let stand 10 minutes. Sprinkle with rest of sugar, nutmeg and cinnamon. Bake at 350° (preheated oven) until an inserted knife comes out clean. If you want it sweeter, use 1 cup sugar instead of ¾ cup.

BUNDT PAN ROLLS

JoAnna Lewis

1 pkg. frozen dinner rolls
1 c. brown sugar
½ c. oleo, melted
½ sm. pkg. butterscotch pudding
½ c. chopped nuts
¼ c. Combined cinnamon and sugar

Grease bundt pan, put in frozen rolls. Mix all of the above ingredients and spoon on top. Cover with foil and seal. Set aside. Next morning, bake at 350° for 30 to 45 minutes.

CARAMEL APPLE BREAD PUDDING

Nicol Bruner

3 c. bread cubes
3 c. sliced, peeled apples
4 eggs, beaten
1½ c. milk
3 T. sugar
½ tsp. vanilla
Dash salt
¼ tsp. cinnamon
⅓ c. caramel topping
Nutmeg

Place bread cubes in buttered rice bowl. Top with apples. Beat together eggs, milk, sugar, vanilla, salt and cinnamon. Pour over apples. Drizzle with caramel. Sprinkle with nutmeg. Cover rice bowl with foil. Cover and steam. Use 3 cups water. Steam for 45 to 50 minutes. Knife inserted into center of custard should come out clean. If not, add more water and continue to steam. Use 1 more cup water and steam 19 to 22 minutes. Serves 6.

CARAMEL ROLLS

Mary Altic

3 (10-oz.) cans biscuits
½ c. sugar
¾ tsp. cinnamon
Nuts (opt.)
1 c. brown sugar
¾ c. margarine
½ tsp. nutmeg

Cut biscuits in quarters. Mix sugar and cinnamon. Roll biscuits into mix to coat the outside. Layer in a bundt pan or oblong cake pan. Heat oven to 350°. Mix brown sugar, margarine, nutmeg and cinnamon in a pan. Bring to a boil. Pour over biscuits and bake for 30 minutes or until golden brown. Cool 10 minutes an place onto platter. Delicious.

CHERRY DELIGHT

Terry Singhurst

1 can Eagle Brand milk
1 (9-oz.) carton Cool Whip
1 (15-oz.) can crushed pineapple, drained
1 c. coconut
1 can cherry pie filling
1 c. sm. marshmallows
½ c. chopped nuts

Mix all ingredients as listed, milk, Cool Whip, pineapple, coconut, pie filling, marshmallows and nuts. Pour in 9 x 13 x 2-inch pan. Refrigerate. Keeps well for 4 or 5 days.

CHERRY STREUSEL

JoAnna Lewis

1 regular cake mix (yellow, white or cherry chip)
2 eggs
½ c. oleo, melted
1 can cherry pie filling
½ c. chopped nuts

Mix dry cake mix with eggs and oleo. Spread in an ungreased 9 x 12-inch pan. Spread cherry pie filling over dough. Sprinkle with chopped nuts. Bake at 350° for 40 to 45 minutes. Cool 15 minutes. Drizzle with glaze. **Glaze:** Mix 1 cup powdered sugar with 1 tablespoon water. Add additional water to reach desired consistency.

CHOCOLATE ECLAIR DESSERT

Kathy Corbin

1 (8-oz.) carton whipped topping
2 sm. pkgs. instant vanilla pudding
3 c. cold milk
2 pkgs. graham crackers
Chocolate Butter (Creamy) Icing

Combine milk and pudding and whisk until starting to thicken. Fold in topping. Line 9 x 13-inch pan with **whole** graham crackers. Pour in ½ of pudding mixture, another layer or crackers and then rest of pudding. Put a layer of whole crackers over the top and frost with icing. Cover and refrigerate several hours or overnight.

CHOCOLATE ICE CREAM

Mary Wahweotten

1 qt. whole milk
1 c. cocoa
1 c. light corn syrup
5 eggs
2 c. sugar
1 qt. whipping cream
1 T. vanilla extract

Combine 2 cups milk, cocoa and corn syrup. Bring to a boil over medium heat, stirring constantly, then cool. In large mixing bowl, beat eggs till foamy. Gradually beat in sugar. Add cocoa mixture. Stir in 2 cups milk, cream and vanilla. Chill. Churn and freeze.

CREAM PUFFS

Melany Haggard

Cream Puffs:

Cream filling or sweetened whipping cream
½ c. water
¼ c. margarine or butter
½ c. flour
2 eggs
Powdered sugar

Cream Filling:

⅓ c. sugar
2 T. cornstarch
⅛ tsp. salt (opt.)
2 c. milk
2 egg yolks, slightly beaten
2 T. butter or margarine, softened
2 tsp. vanilla

Heat oven to 400°. Heat water and butter to rolling boil in 2-quart saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, 1 minute. Remove from heat. Beat in eggs, all at once, continue beating until smooth (how big you make the cream puffs determines how many you get from the recipe). Bake on ungreased cookie sheet until puffed and golden, about 35 to 40 minutes. Cool away from draft, cut off tops, pull out the dough from the inside of the cream puffs. Fill puffs with cream or your favorite filling. Replace tops and dust them with powdered sugar. **Cream Filling:** Mix sugar, cornstarch and salt in 2-quart saucepan. Stir in milk slowly. Cook over medium heat. Stir constantly until mixture thickens and boils. Boil and stir in butter and vanilla.

CREAMY LIME SHERBET

Regina Roecker

1 (3-oz.) pkg. lime Jello
1 c. boiling water
1¼ c. sugar
⅛ tsp. salt
1 (6-oz.) can frozen limeade concentrate
8 drops green food coloring
4 c. milk
2 c. light cream

Dissolve Jello in boiling water. Add sugar and salt. Add limeade, stirring until thawed. Stir in food coloring, milk and light cream. Pour into 1-gallon ice cream container, filling about ¾ full. Freeze, following usual procedure for crank or electric ice cream freezers. Makes 1 gallon. May substitute with orange Jello and orange juice for orange sherbet.

DALE'S BROWNIE PUDDING

Debra Didde

Sift together:

1 c. flour
½ tsp. salt
2 T. baking powder
2 T. cocoa

Combine:

2 T. melted shortening
¾ c. nuts
1 tsp. vanilla
¾ c. sugar
½ c. milk

Combine with dry ingredients, then pour in greased 9 x 9-inch pan. **Topping:** Combine ¾ cup brown sugar and ¼ cup cocoa. Sprinkle over mixture in pan, then pour 1¾ cups hot water over entire mixture. Bake in 350° oven for 40 to 45 minutes.

DIRT CAKE

1 (20-oz.) pkg. Oreos, crushed
2 lg. boxes instant chocolate pudding
4 c. milk
1 (8 oz.) cream cheese, softened
2 (16 oz.) Cool Whip
2 c. powdered sugar

Crush whole cookies in blender and set aside. Stir together cream cheese, Cool Whip and powdered sugar in a large bowl. Stir together pudding and milk. Add to cream cheese mixture. Layer cookies. You may add large flower pot, fake flowers and gummy worms are optional. You may make a flower in a pot with worms.

FOUR LAYER CHOCOLATE DESSERT

Brenda Fredricks

- 1 c. flour
- ½ c. softened oleo
- ½ c. chopped pecans
- 8-oz. pkg. cream cheese
- 1 c. powdered sugar
- 1 c. Cool Whip
- 2 pkgs. instant chocolate pudding
- 3 c. milk
- 1 tsp. vanilla
- Cool Whip

Combine flour, oleo and pecans and press in 9 x 13-inch pan. Bake 15 minutes at 350°. Cool. Mix cream cheese, powdered sugar and 1 cup Cool Whip. Spread carefully over crust. Refrigerate until cool. Mix instant pudding, milk and vanilla. Beat until thick, pour over second layer. Top with Cool Whip.

4-LAYER DESSERT

Sherry Engelbert

Part #1-First Layer:

- ⅓ stick butter
- 1½ c. graham crackers
- 3 T. sugar

Mix together.

Part #2-Second Layer:

- 1 c. Cool Whip
- 1 c. powdered sugar
- 1 (12-oz.) pkg. Philadelphia cream cheese, softened.

Part #3-Third Layer:

- 1 lg. box instant pudding chocolate or butterscotch
- 3 c. cold milk

Mix together.

Part #4-Fourth Layer:

- Cool Whip
- Chopped pecans

Use Cool Whip and chopped pecans to top the dessert. Chill. **Don't lick spoon-may make runny!**

FRENCH CHERRY DELITE

Kimberlee Wolz

1½ c. cornflake crumbs
3 T. sugar
6 T. butter, melted
2 pkgs. Dream Whip
1½ c. powdered sugar
1 (8-oz.) pkg. cream cheese, softened
1 lg. can cherry pie filling

Mix together crumbs, sugar and butter. Press firmly into bottom and sides of a large loaf cake pan. Mix Dream Whip according to directions on package and whip. In a separate bowl, mix together until smooth, powdered sugar and cream cheese. Fold **whipped** Dream Whip into cream cheese mixture. Spread over crumb crust, spread over crumb crust. Top with cherry pie filling and chill overnight. This is a great summertime (no bake) or make-ahead dessert. Serves 8 to 12.

FRUIT CRISP

Toni Mietchen

2 c. quick-cooking rolled oats
2 c. packed brown sugar
1 c. all-purpose flour
2 tsp. ground cinnamon
1 c. margarine, softened but not melted
2 cans your favorite pie filling

Combine oats, brown sugar, flour and cinnamon. Cut in margarine till mixture resembles coarse crumbs. Open pie filling and place in a 10 x 6-inch baking dish. Sprinkle crumb mixture over all. Bake in a 350° oven for 40 minutes.

FRUIT PIZZA

Mary Alice Lasseter

1 pkg. refrigerator cookies, rolled
1 c. orange juice
¾ c. sugar
¾ c. water
¼ c. cornstarch
8 oz. cream cheese
1 c. sugar
Fruit (strawberries, chunk pineapple, bananas, oranges or mandarin oranges)

Slice cookie dough ½ inch thick and overlap ends lightly on greased pizza pan. Bake 10 to 15 minutes at 350°. While baking mix juice, water and cornstarch in pan. Heat until thickened. Cool. Mix cream cheese and sugar. Spread over cooled crust. Sprinkle fruit over cheese. Spoon orange juice mixture over fruit. Chill 2 to 3 hours.

FRUIT PIZZA

Velma Peine

- **1 Pillsbury sugar cookie dough, sliced and spread on cookie sheet or pizza pan, baked according to pkg. and set aside to cool**

Glaze:

- **¾ c. water**
- **Orange and pineapple juice to make 1 c.**
- **¼ c. lemon juice**
- **½ c. sugar**
- **3 T. cornstarch**

Bring to a boil and set aside to cool.

- **1 (8 oz.) cream cheese**
- **½ c. sugar**
- **1 tsp. vanilla**

Mix together and spread over cooled baked cookie. Place fruit on cream cheese. (I use strawberries, kiwi, bananas, mandarin oranges and pineapple tidbits.) Pour glaze over fruit and chill before serving.

FRUIT SALAD

The Bergkamp Family

- **1 can chunk pineapple**
- **1 can orange sections**
- **1 c. coconut**
- **1-lb. ctn. sour cream**
- **1 c. marshmallows**

Mix well and eat.

KANSAS DIRT DESSERT

Ashley Guenther, First Grade

- **35 cream-filled chocolate sandwich cookies**
- **2 (3-oz.) pkgs. vanilla instant pudding mix**
- **1 (8-oz.) carton whipped topping**
- **2 T. butter or margarine**
- **1 c. sugar**
- **1 (8-oz.) pkg. cream cheese, softened**

In food processor, process cookies into fine crumbs and set aside. Prepare pudding according to package directions in a large mixing bowl. Fold in whipped topping. Combine butter, sugar and cream cheese in a small mixing bowl. Beat at medium speed of an electric mixer until smooth. Fold into pudding mixture. Find a container that will fit into a flower pot to hold the dessert. Set aside 1½ cups of crumbs. Spoon about ⅓ of remaining crumbs into the flower pot container. Spread about ⅓ of pudding mixture over crumb layer. Repeat layers twice, top with reserved crumbs, covering mixture completely. Cover and chill at least 3 hours. Before serving, insert a silk flower or two into the dessert. Makes 20 to 22 servings.

LEMON CHEESE BARS

Arlene Udelhofen

1 yellow cake mix
1 (8 oz.) cream cheese, softened
⅓ c. sugar
1 tsp. lemon juice
2 eggs
⅓ c. oil

Mix dry cake mix, 1 egg and oil until crumbly. Reserve 1 cup. Pat remaining mixture lightly in an ungreased 13 x 9 x 2-inch pan. Bake 15 minutes at 350°. Beat cheese, sugar, lemon juice and 1 egg until light and smooth. Spread over baked layer. Sprinkle with reserved crumb mixture. Bake 15 minutes longer. Cool. Cut into bars.

LYNDA'S FRUIT COMPOTE

Rosalie Osborn

1 (3 oz.) lemon Jello
1 c. boiling water
1 (6-oz.) can frozen orange juice
1 (20-oz.) can pineapple tidbits with juice
1 can drained mandarin oranges
3 cut-up bananas
½ c. cut-up strawberries

Mix lemon Jello and boiling water until Jello is dissolved. **Add** frozen orange juice, pineapple tidbits, drained mandarin oranges, bananas and strawberries. Refrigerate overnight.

MONKEY BREAD

Sara Korkames

4 tubes refrigerated biscuits
¾ c. butter or margarine
1 c. sugar
¾ c. butter
1½ tsp. cinnamon
½ c. sugar
1 tsp. cinnamon

Cut biscuits from each tube into quarters. Roll biscuits in ½ cup sugar and 1 teaspoon cinnamon. Place pieces in greased angel food or bundt pan. Boil together 1 cup sugar, ¾ cup butter and 1½ teaspoons cinnamon. Pour over biscuits. Bake in 350° oven for 45 minutes. When cooked, pull apart to eat, do not cut.

OATMEAL FUDGE BARS

Jennifer Wiesner

2 c. packed brown sugar
¾ c. butter, softened
2 eggs
2 tsp. vanilla
2½ c. Bisquick
3 c. quick oats
1 (12-oz.) bag chocolate chips
1 c. sweetened condensed milk
2 T. butter
1 c. chopped nuts
½ tsp. salt
2 tsp. vanilla

Preheat oven to 350°. Grease 15½ x 10 x 1-inch jellyroll pan. Mix sugar, butter, eggs and vanilla. Add Bisquick and oats. Heat chips, milk, butter and salt. Stir in nuts and vanilla. Press ⅔ of oat mix in pan. Spread chocolate mixture over top. Drop remaining oat mixture by tablespoonfuls. bake 30 minutes until light brown.

OREO DELIGHT

Belinda Ball

- 1 (16-oz.) pkg. Oreo cookies
- 6 T. margarine
- 1 (8-oz.) pkg. cream cheese
- 1 c. powdered sugar
- Milk
- 1 (12-oz.) pkg. Cool Whip
- 1 (6-oz.) pkg. chocolate instant pudding

Crush cookies, reserve 1 cup. Add margarine to remaining cookie. Pour moistened crumbs into square cake dish, pat to form crust. Mix cheese and sugar. Add enough milk to make mixture easy to spread. Spread over cookie crust. Spread a small amount of Cool Whip over cream cheese. Mix pudding according to package directions, spread over cheese. Top with desired amount of Cool Whip. Sprinkle cookie crumbs on top. Refrigerate.

PEANUT BUTTER CHOCOLATE BARS

Dorothy Zickmund

- 1 c. peanut butter
- ¾ c. brown sugar
- 1 tsp. vanilla extract
- 1 c. flour
- 6 T. butter or margarine, softened
- ½ c. sugar
- 3 eggs
- 2 c. (11½-oz. pkg.) milk chocolate chips

Beat peanut butter, sugars and vanilla until creamy. Beat eggs, add, beat in flour. Stir in ⅔ cup morsels. Spread in greased 9 x 13-inch pan. Bake at 350° for 20 to 25 minutes. Remove immediately. Sprinkle with remaining morsels. Let stand for 5 minutes. Spread over bars. Cool in pan on wire rack.

PISTACHIO PINEAPPLE DESSERT
(Diabetic)

Dina Wolken

- 1 (4-serving) pkg. sugar-free instant pistachio pudding
- 1 (16-oz.) can crushed pineapple, unsweetened
- 1 c. chopped pecans
- 1 env. Dezerta topping mix, made according to directions on pkg.

Mix all together. Chill and serve. Makes 8 (½-cup) servings. **Exchanges:** One fruit and 1½ fat per serving, 132 calories per serving.

PUMPKIN CRUMBLE

Regina Roecker

1 (13-oz.) can evaporated milk
6 eggs, beaten
3 c. pumpkin
1 c. sugar
½ c. brown sugar
2 tsp. cinnamon
1 tsp. ginger
¼ tsp. cloves
1 yellow cake mix
½ c. butter
1 c. pecans, chopped

Stir in milk, eggs, pumpkin, sugars and spices. Pour into 9 x 13-inch pan. Blend cake mix and butter with fork until mixture resembles oatmeal. Sprinkle over pumpkin in pan. Top with nuts. Bake at 325° for 1 hour. Cool. Cut in squares. Top with whipped cream.

PUMPKIN ROLL

Mark Didde

3 eggs
1 c. sugar
¾ c. pumpkin
1 T. lemon juice
¾ c. flour
1 T. ginger
½ tsp. vanilla
2 T. cinnamon
1 tsp. baking powder
½ tsp. nutmeg
½ tsp. salt
18-oz. pkg. cream cheese
1 c. powdered sugar
4 T. margarine

Beat eggs. Gradually add flour, then add pumpkin and lemon juice. Set aside. Mix together flour, ginger, cinnamon, baking powder, nutmeg and salt. Add flour mixture to first mixture. Pour into a well-greased jellyroll pan. Spread evenly. Bake 15 minutes in 375° oven. Dump out onto a tea towel covered with powdered sugar. Roll while still hot. Let cool in towel. After, fill with mixture of cream cheese, 1 cup powdered sugar, vanilla and margarine. Reroll and put in refrigerator. Cool, slice and enjoy!

QUICK APPLE CRISP

Nancy Fischer

5 Granny Smith apples
1 box Jiffy yellow cake mix
½ stick melted butter
¼ c. cinnamon/sugar mixture

Prepare apples. Place apples in buttered dish. Sprinkle sugar mixture and dry cake mix over apples. Drizzle with butter. Bake at 350° for 30 minutes.

QUICK COBBLER

Belinda Ball

3 T. margarine
1 c. flour
1 c. sugar
2 tsp. baking powder
¾ c. milk
¼ tsp. salt

Melt margarine in bottom of baking dish. Mix rest of ingredients, pour over melted margarine. Top with 1 can of fruit of your choice, with half of liquid drained off. Bake at 350° for 35 to 40 minutes.

QUICK DESSERT

Rita Jackson

1-lb. can pineapple
1 pkg. lemon instant pudding
1 pkg. vanilla instant pudding

Mix with mixer until dissolved. Add and stir 1 small carton Cool Whip. Add and stir 2 cups miniature marshmallows. Cut and add 2 bananas and ½ cup pecan meats. May be stored in refrigerator overnight.

SIMPLE SPUMONI

Kimberlee Wolz

2 c. whipping cream
⅔ c. Eagle Brand sweetened condensed milk
½ tsp. rum
1 (21-oz.) can cherry pie filling
½ c. almonds, chopped
½ c. miniature chocolate chips

Combine cream, Eagle Brand milk and rum in a large bowl, refrigerate 30 minutes. Remove from refrigerator and beat just until soft peaks form. **Do not overbeat.** Fold in cherry pie filling, almonds and chocolate chips. Transfer to an 8 x 8-inch square pan. Cover tightly with foil and freeze 4 hours or until firm. Scoop out as you would ice cream and serve in dessert dishes. Will keep 2 or 3 days. **Tip:** Great dessert served with angel food or pound cake.

SUMPTUOUSLY SIMPLE CHOCOLATE MOUSSE

Bob Bregant

6 oz. dark sweet chocolate, melted
4 lg. eggs
1 c. heavy cream
2 T. triple sec

In blender, blend the chocolate, eggs, cream and triple sec until smooth. Pour mixture in bowl and chill at least 2 hours or until it is set. Makes 6 servings.

SWISS CHOCOLATE SQUARES

Sharon Schnieders

1 c. water
½ c. oleo
1½ squares unsweetened baking chocolate
½ c. sour cream
2 c. flour
2 c. sugar
1 tsp. baking soda
½ tsp. salt

Frosting:

½ c. oleo
6 T. milk
1½ squares unsweeted baking chocolate
4 c. powdered sugar
1 tsp. vanilla
½ c. chopped nuts

Heat oven to 350°. Use a 9 x 13-inch greased and floured pan. Combine water, oleo and chocolate in pan and bring to a boil. Remove from heat. Stir in combined flour and sugar. Add eggs, sour cream, soda and salt, mix well. Pour into greased and floured 9 x 13-inch pan. Bake 25 minutes. Frost while warm. **Frosting:** Combine oleo, milk and chocolate squares, boil 1 minute. Remove from heat and stir in powdered sugar. Beat until smooth. Add cream if too thick. Sprinkle on nuts. Serves 12.

VELVEETA CHEESE FUDGE

Mary Singhurst

1 lb. butter or oleo
1 lb. Velveeta cheese
4 lbs. powdered sugar
1 c. cocoa
1 T. vanilla
Chopped nuts

In a heavy saucepan, melt cheese and butter. Sift together sugar and cocoa, then add the butter and cheese. Mix and add vanilla and nuts. Mix well and spread evenly in a greased 9 x 13-inch pan. Cool and cut into pieces.

ZENA'S LEMON DESSERT

1 pkg. gelatin
¼ c. cold water
6 egg yolks
¾ c. sugar
⅔ c. lemon juice
1¼ tsp. grated rind

Dissolve gelatin in ¼ cup cold water. Mix egg yolks with ¾ cup sugar and lemon juice and grated rind in a double boiler until thick. Add gelatin, cool slightly. Add egg whites that have been beaten with ¾ cup sugar and 4 teaspoons vanilla (beat egg whites while yolks are cooking). Fold in well and pour over angel food cake which has been pulled to chunks the size or an egg or smaller. Put in large mold and refrigerate overnight. Ice with whipped cream and sprinkle with moist coconut. Set mold in warm water for a few minutes to dislodge.

Recipe Favorites

Cakes
Cookies
Candy

Cakes, Cookies & Candy

Helpful Hints

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS
Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

APPLE CAKE

Rosanne Sayler

1 c. shortening	1 tsp. baking powder
1 c. brown sugar	1 tsp. baking soda
1 c. white sugar	2½ c. flour
1 c. buttermilk	½ tsp. salt
2 eggs	2 c. Jonathan apples
1 tsp. cinnamon	

Mix liquid ingredients together, then add dry ingredients. Mix well. Peel apples and slice. Stir into batter. Mix well. Pour into greased and floured pan. Sprinkle on topping. **Topping:** Combine ½ cup sugar with 1 teaspoon cinnamon and add chopped nuts if desired. Mix together. Bake at 300° for 1 hour.

APPLE CAKE

Sr. Mary Grosdidier

1 c. sugar	¼ tsp. salt
¼ c. shortening	1 c. flour
1 egg	2 c. diced apples
1 tsp. soda	¼ c. chopped nuts
1 tsp. cinnamon	½ c. chopped dates (opt.)
¼ tsp. nutmeg	

Cream sugar and shortening, add egg and mix well. Add soda, cinnamon, nutmeg, salt and flour, mix well. Add apples and nuts. Mix. Pour into 8 x 8-inch greased pan. Bake 30 minutes at 350°. Cool. Serve with ice cream or Cool Whip.

APPLE-CHIP SNACKING CAKE

Bernice Smith

2 eggs	½ tsp. baking soda
½ c. oil	½ tsp. cinnamon
¼ c. apple juice	½ tsp. salt
1 tsp. vanilla	1 to 1½ c. chopped apples
1¾ c. flour	¾ c. chocolate chips
1 c. sugar	½ c. chopped nuts

Heat oven to 350°. Grease and flour 9-inch square pan. In large bowl beat eggs, add oil, apple juice and vanilla. Stir together flour, sugar, baking soda, cinnamon and salt, stir into batter until blended. Add apples, chocolate chips and nuts. Stir until well blended. Pour into pan. Bake 40 to 45 minutes or until cake begins to pull away from sides of pan. Cool in pan. Sprinkle powdered sugar over top if desired. May be served with whipped topping. Makes 9 servings.

APPLE COBBLER CAKE

Debbie Hough

1 pkg. yellow cake mix
1 stick oleo
5 to 6 c. sliced, peeled apples
4 T. sugar
2 tsp. cinnamon

Mix 1/4 cup dry cake mix, sugar and cinnamon with apples. Bake for 30 minutes at 375° or until almost tender, in medium-size baking dish. Mix together remaining dry cake mix and melted oleo until it resembles coarse crumbs. Pour over apple mixture. Bake at 350° for 30 minutes until golden brown.

CHOPPED APPLE CAKE

Mary Garber

1 c. Wesson oil
2 c. sugar
2 eggs
3 c. chopped apples
1/2 tsp. salt
2 c. flour
1 tsp. soda
1 tsp. cinnamon
2 tsp. vanilla
1 c. chopped nuts

Mix oil, sugar and eggs. Add rest of ingredients and mix well. Bake in 9 x 13-inch pan, sprayed with Pam. Bake at 325° for 30 to 35 minutes or until done. Needs no frosting.

COCOA APPLE CAKE

Velma Peine

3 eggs
2 c. sugar
1 c. (2 sticks) margarine
1/2 c. water
2 1/2 c. flour
2 T. cocoa
1 tsp. soda
1 tsp. cinnamon
1 tsp. salt
1 c. chopped nuts
1/2 c. chocolate chips
2 apples, cored and chopped
1 T. vanilla

Beat together eggs, sugar, margarine and water until fluffy. Sift together flour, cocoa, soda and cinnamon. Add to creamed mixture and mix well. Fold in nuts, chocolate, apples and vanilla. Spoon into greased pan and bake at 325° for around 45 minutes or until cake tests done.

RAW APPLE CAKE

Dorothy Shields

3 c. flour
1 tsp. soda
1/2 tsp. salt
2 c. sugar
1 tsp. cinnamon
3 c. chopped apples
1 1/2 c. chopped nuts
3 eggs, slightly beaten
1 1/4 c. cooking oil
2 T. vanilla

Mix eggs, sugar, soda, salt, vanilla, cinnamon, oil, apples, nuts and flour last. Bake at 350° for 1 hour in an angel food cake pan sprayed with Pam.

RAW APPLE CAKE

Amanda Guenther

3 eggs
2 c. sugar
2 tsp. cinnamon
½ tsp. salt
½ tsp. black walnut flavoring
4 c. raw apples, sliced
2 c. sifted flour
1 tsp. soda
1 tsp. vanilla flavoring
1 c. chopped nuts
1 c. salad oil

Beat together the eggs and oil until foaming, then stir in sugar. Sift and fold flour, cinnamon, soda and salt into first mixture. Add flavorings, nuts and apples. Bake in a greased 9 x 13-inch pan at 350° for 50 minutes.

Cream Cheese Icing:

½ T. melted butter
½ tsp. vanilla
3 oz. cream cheese, softened
Few drops butter flavoring
¼ tsp. lemon flavoring

Combine all ingredients and beat well. Add enough powdered sugar for spreading consistency, (approximately ¾ box).

APRICOT CAKE

Lupe Pacheco

1 (22-oz.) can apricot filling
1 (1-layer) pkg. white cake mix
⅓ c. water
1 egg
½ c. flaked coconut
½ c. chopped pecans
½ c. butter or margarine, melted
Vanilla ice cream

Spread pie filling in bottom of 9 x 9 x 2-inch baking dish. Combine cake mix, water and egg. Beat 4 minutes at medium speed on electric mixer. Pour over pie filling, sprinkle with coconut and pecans. Drizzle melted butter over top. Bake in 350° oven for 40 minutes. Serve warm with ice cream.

BANANA CAKE

Kay Stratton

½ c. shortening
1¼ c. sugar
2 eggs
2 c. flour
½ tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
¼ c. sour milk
1 c. mashed bananas
1 tsp. vanilla

Preheat oven to 375°. Grease 9 x 13-inch pan. Cream sugar and shortening. Add beaten eggs. Sift dry ingredients together. Add alternately with sour milk and bananas to creamed sugar. Add vanilla. Pour into pan. Bake 30 to 35 minutes. Cool.

MOIST CARROT CAKE

Teresa Powers

- ½ c. shortening
- 1 c. sugar
- 1 (10¾-oz.) can condensed tomato soup, undiluted
- 1 egg
- 2 c. all-purpose flour
- 1½ tsp. baking soda
- 1 tsp. cinnamon
- Dash salt
- 1 c. shredded carrots
- ½ c. chopped walnuts
- ½ c. raisins (opt.)

In large bowl, cream shortening and sugar. Add soup and egg, mix well. Combine flour, baking soda, cinnamon and salt, beat into creamed mixture. Stir in the carrots, walnuts and raisins. Pour into a greased 10-inch fluted tube pan. Bake at 350° for 45 to 50 minutes or until cake tests done. Cool in pan 10 minutes before removing to wire rack to cool.

Frosting:

- 1 (8-oz.) pkg. cream cheese, softened
- 3 c. confectioners' sugar
- 1 tsp. vanilla extract
- 1 T. milk
- Chopped walnuts (opt.)

Combine the first 4 ingredients. Beat until smooth. Frost cake. Top with walnuts.

CARROT PINEAPPLE CAKE

Frances Mille

- 3¼ c. sifted cake flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- 2 c. sugar
- 3 eggs
- 1½ c. oil
- 1 tsp. vanilla
- 2 c. shredded carrots
- 1 c. (8½-oz. can) pineapple, undrained

Sift together flour, baking powder, soda, salt and spices, set aside. In mixing bowl combine sugar, eggs, oil and vanilla, beat well with mixer. Stir in carrots and pineapple, mixing well. Blend in flour mixture. Pour into greased and floured 10-inch tube pan. Bake at 350° for 60 to 70 minutes or until tests done. Cool in pan 10 minutes, then loosen edges and turn out on rack to cool thoroughly. Frost with your favorite icing.

CHERRY-CHOCOLATE CAKE

Teresa Zabloudil

Chocolate cake mix
1 (4-serving) pkg. vanilla instant pudding
½ tsp. almond extract
1¼ c. milk
1 c. heavy or whipping cream, whipped
1 (21-oz.) can cherry pie filling

Bake cake as directed in 9 x 13-inch pan. Cool 10 minutes. Remove from pan. Cool completely. Split horizontally to make 2 layers. (I use a piece of thread to split it.) Prepare vanilla pudding as directed, but add almond extract and use only 1¼ cups milk. With wire whisk or rubber spatula, fold in whipped cream. Place 1 cake layer on platter, top with ½ of pudding mixture, then top with remaining cake layer and pudding mixture. Spoon cherry pie filling on top of pudding mixture. Refrigerate until ready to serve.

CHOCOLATE CHIP-DATE CAKE

Kay Stratton

1 c. chopped dates
1½ c. boiling water
1 tsp. baking soda
½ c. margarine
1 c. sugar
2 eggs
2 c. flour
¾ tsp. baking soda
¼ tsp. salt
1 (12-oz.) pkg. chocolate chips
½ c. sugar
½ c. chopped nuts

Preheat oven to 350°. Grease and flour 9 x 13-inch pan. Pour boiling water over dates, add 1 teaspoon baking soda. Cool. Cream together margarine, sugar and eggs. Add date mixture. Sift together flour, salt and ¾ teaspoon baking soda. Combine ingredients. Mix well. Pour into prepared pan. Mix chips, sugar and nuts together. Sprinkle over batter. Bake 35 to 40 minutes.

CHOCOLATE LOVER'S CAKE

Regina Jameson

1 pkg. Duncan Hines devil's food cake mix
1 sm. pkg. instant chocolate pudding
4 eggs
¾ c. water
¾ c. oil
1 c. (8 oz.) sour cream
12-oz. pkg. chocolate chips

Mix all ingredients except chocolate chips on low speed until moistened. Beat for 2 minutes on high speed. Add chocolate chips. Pour into greased and floured bundt pan or angel food pan. Bake at 350° for 50 to 60 minutes until toothpick inserted comes out clean. Cool for 20 minutes in pan before removing. Frost with powdered sugar frosting or dust with powdered sugar.

CHOCOLATE PISTACHIO CAKE

Nanette Maxwell

- 1 pkg. pistachio pudding mix (instant)
- 1 yellow cake mix
- 4 eggs
- ½ pt. sour cream
- ⅓ c. oil
- ¼ c. creme de menthe
- Hershey's bar

Mix pudding and cake mix. Add oil, creme de menthe and sour cream. Mix and add eggs. Beat 4 minutes. Pour ½ of the mix in bundt pan. Sprinkle grated Hershey's bar on bottom half. Pour in remaining batter. Bake at 350° for 55 minutes. Cool 15 minutes and remove from pan.

CHOCOLATE WACKY CAKE

Sharon Shields

- 3 T. cocoa
- 1 c. sugar
- 1½ c. flour
- 1 tsp. soda
- ½ tsp. salt
- 6 T. vegetable oil
- 1 T. vinegar
- 1 tsp. vanilla
- 1 c. cold water

Mix all dry ingredients together. Mix all liquid ingredients together, then combine all together. Mix well. Bake at 350° for 30 to 35 minutes in an ungreased 8 x 8-inch pan. Recipe may be doubled and use a 9 x 13-inch pan. Great for people who can't have eggs.

EASY BEST EVER CHOCOLATE CAKE

Linda Seitz

- 3 c. flour
- 2 tsp. soda
- 1 tsp. salt
- ½ c. cocoa
- 2 c. sugar
- 2 c. water
- ¾ c. salad oil
- 1 T. vinegar
- 1 tsp. vanilla

Do not greased 9 x 13-inch cake pan. Do not use bowl. Put all dry ingredients into cake pan, mix together. Make 3 holes, into first put ¾ cup vegetable oil, into second, the vinegar and into third vanilla. Pour water over all ingredients. Stir with spoon until is mixed well. Bake 40 to 45 minutes in 350° oven. Wonderful cake and no bowl or mixer to wash.

CREME DE MENTHE CAKE

Jackie Hiles

Chocolate or white cake mix
Creme de menthe liqueur
9-oz. carton Cool Whip
1 jar fudge topping

Bake cake according to directions on box except replace 4 tablespoons water with 4 tablespoons creme de menthe liqueur. Let cool, frost with jar of fudge topping (not frosting). Mix 4 teaspoons creme de menthe liqueur with Cool Whip. Spread over cake. Refrigerate.

DUMP CAKE

Zella Stine

1 lg. can crushed pineapple
1 lg. can pie filling (any flavor)
1 yellow or white cake mix
½ c. chopped nuts
1½ sticks oleo

Grease 9 x 13 x 2-inch pan. Dump in pineapple and spread evenly. Dump in pie filling. Dump in cake mix, sprinkle it to cover filling. Cut oleo into patties and place on mix. **Do not mix.** Bake at 350° for 1 hour.

DUMP CAKE

Dina Wolken

1 (22-oz.) can cherry pie filling
1 (16-oz.) can crushed pineapple, undrained
1 (14 oz.) yellow cake mix
1 c. melted butter (2 sticks)
Flaked coconut (opt.)

Layer ingredients in 9 x 13-inch Pyrex or aluminum pan. Bake for 1 hour at 325°.

CHERRY DUMP CAKE

Belinda Ball

1 lg. can cherry pie filling
1 lg. can crushed pineapple with juice
1 yellow cake mix
1 c. pecans
2 sticks melted butter

In greased cake pan "dump" ingredients in given order. Bake at 350° approximately 1 hour.

EASY DUMP CAKE

Teri Williams

1 box yellow cake mix (dry)
1 (16-oz.) can cherry pie filling or your favorite
1 (8-oz.) can crushed pineapple
1 stick butter

Preheat oven to 350°. Spray or greased 9 x 13-inch Pyrex dish. Mix cherry pie filling in dish. Top with **dry** cake mix. Layer butter on top for dry mix. Do not mix (this is the topping). Bake at 350° for 45 minutes or until golden brown.

GERMAN CHOCOLATE CAKE

Lisa Whitacre

German chocolate cake with pudding
1 (14-oz.) pkg. caramels
½ c. butter
⅓ c. milk
1 c. pecans, crushed
¾ c. milk chocolate chips

Prepare cake mix as directed on box. Pour ½ of batter in 13 x 9-inch cake pan. Bake at 350° for 10 minutes. Cool for 10 minutes. Combine and cook caramel, butter and milk till melted. Spread over cake and sprinkle last 2 items on caramel mixture, then layer with remaining cake mixture. Bake 25 minutes.

SOFT GINGERBREAD CAKE

JoAnn Fish

2½ c. unbleached flour
1¾ tsp. soda
2 tsp. ginger
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. salt
1 c. sugar
½ c. shortening
1 c. molasses
1 c. boiling water
2 eggs, beaten

Preheat oven to 350°. Sift together flour, soda, ginger, cinnamon, cloves and salt. Set aside. Cream sugar with shortening and molasses, until well blended. Add sifted dry ingredients to creamed mixture, alternating with boiling water, beginning and ending with dry ingredients. Stir in beaten eggs. Pour into a greased 13 x 9 x 2-inch baking pan. Bake for 30 minutes or until center springs back when touched. Cool. Cut into large pieces.

HAWAIIAN FRUIT CAKE

Bernice Alderson

2 c. flour
1 tsp. soda
1 tsp. salt
2 eggs, beaten
1 (20-oz.) can crushed pineapple
1 c. nuts
2 c. sugar

Sift dry ingredients together. Add eggs, pineapple, nuts and sugar. Pour into 9 x 13-inch pan and bake at 350° for 45 minutes.

ICE CREAM CAKE

Virginia Bruna

1 bag Oreo cookies
1 stick butter
½ gal. vanilla ice cream
1 jar fudge
Ctn. whipped topping

Use a 9 x 13-inch pan or springform pan. Melt butter and crush cookies, mix them together and pat on bottom of pan. Lay slices of ice cream, about 1 inch thick over bottom layer, put pan in freezer. Prepare fudge, it needs to be warm enough to spread but not so warm it melts the ice cream. Spread fudge over ice cream. Freeze 1 hour. Remove springform pan (if using one). Ice with whipped topping. Enjoy! Use your own taste to determine amounts in making your layers thinner or thicker.

KITTY LITTER CAKE

Nancy Bien

1 spice cake mix
1 white cake mix
1 pkg. white sandwich cookies
Green food coloring
12 sm. Tootsie Rolls
1 pkg. vanilla pudding mix

Prepare the pudding and chill it until you are ready to assemble the cake. Prepare the cake mixes according to the directions on the box. Using a blender, crumble the white sandwich cookies in small batches, scraping often since they have a tendency to stick. Set aside all but ¼ cup of the crumbs. To the ¼ cup of crumbs, add green food coloring and mix with a fork. When the cakes are cooled to room temperature, crumble them together. Toss this with ½ of the remaining sandwich cookie crumbs. Put the mixture into a **new** kitty litter box, then put globs of pudding into the cake and mix slightly. You want some "wet" areas, as well as "dry litter". Next, unwrap the Tootsie Rolls and soften them in a microwave oven. Form them into the desired shape. You can puddle one of them and hang another over the edge of the pan, then bury some in the cake mixture. Sprinkle the rest of the cookie crumbs on top, including the green "chlorophyll" ones (green ones you colored earlier). Place kitty litter pan (with kitty litter inside) on a spread out newspaper. Sprinkle some litter outside of the pan. Serve this dish with a **new** pooper scooper.

JELLO ANGEL FOOD CAKE

Mary Beth Bowling

1 angel food cake
2 boxes strawberry Jello
1 ctn. Cool Whip whipped topping
1 lg. pkg. frozen strawberries
2 c. boiling water

Cut up cake into pieces. Dissolve Jello in 2 cups boiling water. Add frozen strawberries. Let stand 5 to 10 minutes. Add Cool Whip to mixture. Pour over cake. Chill.

JELLO CAKE

Sue Garrod

1 white cake mix
1 pkg. instant vanilla pudding
1 env. Dream Whip
1 box any flavor Jello
1 c. boiling water
2 c. milk

Make cake according to box directions. While cake is baking, mix Jello with boiling water. Poke holes with a fork in baked cake and pour Jello in cake. Refrigerate and let set up. Frost with topping. **Topping:** Mix together Dream Whip, pudding and 2 cups milk. Whip until thick. Put on cool cake.

MANDARIN ORANGE CAKE

Lois Lewis

1 egg
1 tsp. soda
1 can mandarin oranges, drained
1 c. flour
1 c. sugar
1 tsp. vanilla
½ c. chopped nuts
Pinch salt

Combine egg, soda, oranges, flour, sugar and vanilla and mix 3 minutes. Add nuts and salt. Bake in greased and floured 8 x 8-inch pan. Bake at 350° for 30 to 35 minutes. Bring to a boil ½ cup brown sugar, 3 tablespoons margarine and 3 tablespoons milk. Pour over cooled cake. Serve as is or top with whipped topping or Butter Sauce. **Butter Sauce:** Heat to boiling 1½ cups sugar, 1 stick oleo, 1 teaspoon vanilla and 1 small can evaporated milk.

"MILKY WAY CAKE"

Nancy Winter

8 Milky Way bars (standard size)
2 sticks butter or margarine
2 c. granulated sugar
4 eggs
2½ c. all-purpose flour
1¼ c. buttermilk
½ tsp. baking soda
1 c. chopped pecans

Melt Milky Ways with 1 stick butter. Cream sugar and other stick of butter. Add eggs, one at a time, beating after each. Add alternately flour and buttermilk (into which you have mixed soda). Add melted candy and butter mixture. Add pecans. Bake in well-greased bundt pan at 325° for 1 hour and 10 minutes. Cool and ice with your favorite frosting.

OATMEAL CHOCOLATE CHIP CAKE

Denise Geist

1⅓ c. boiling water
1 c. quick oats
1 stick oleo
1 c. sugar
1 c. brown sugar
2 eggs
1¾ c. flour
1 tsp. soda
1 T. cocoa
½ tsp. salt
12 oz. chocolate chips
1 c. chopped nuts

Combine first 3 ingredients, let stand 10 minutes. In a large bowl, combine next 7 ingredients. Add oatmeal mixture and mix well by hand. **Do not** use electric mixer. Add 1 cup chocolate chips and pour into a greased 9 x 13-inch pan. Top with remaining chocolate chips and nuts. Bake at 350° for 35 to 45 minutes.

GERMAN OAT CAKE

Eileen Bowling

1¼ c. boiling water
1 c. quick oats
½ c. oleo
1 (4-oz.) bar sweet chocolate, broken
1½ c. flour
1 c. sugar
1 tsp. soda
3 eggs
½ tsp. salt
1 c. brown sugar

Icing:

6 T. butter
¼ c. light cream or milk
¾ c. brown sugar
½ c. chopped nuts
½ c. coconut

Pour boiling water over oats, butter and chocolate. Let stand 20 minutes, stir till well combined. Add other ingredients. Beat on low speed just until thoroughly blended. Bake at 350° for 35 to 40 minutes in a greased and floured 9 x 13-inch pan. For half recipe 30 to 35 minutes in 8 x 8-inch pan. Combine butter, cream and brown sugar for icing. Cook and stir till mixture boils, reduce heat and simmer 2 to 3 minutes. Add nuts and coconut. Spread over hot cake. If desired, broil 4 to 5 inches from heat for 1 minute or until bubbly.

OATMEAL CAKE

Betty Scott, Pomona

1 c. oatmeal
½ c. oleo
1 c. dark brown sugar
1 tsp. vanilla
1 tsp. soda
1¼ c. boiling water
1 c. sugar
2 eggs
1½ c. flour
1 tsp. cinnamon

Mix oatmeal and boiling water. Add remaining ingredients and mix well. Grease and flour 9 x 13-inch cake pan and bake at 350° for 30 minutes. Add topping.

Topping:

6 T. oleo
¼ c. milk
½ c. nuts (opt.)
¾ c. dark brown sugar
1 c. coconut

Mix all together and bring to a boil. (I let cook down a little). Pour on top of cake. Sprinkle more coconut on top, if desired. Return to oven until coconut is brown, 10 minutes or so.

OATMEAL CAKE

Bonita Welborn

1¼ c. boiling water
1 c. quick oats, uncooked
½ c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. cinnamon
1 tsp. vanilla
1½ c. flour
1 tsp. soda
½ tsp. salt

Measure and mix boiling water and quick oats. Cool only until warm and add shortening, sugar, eggs, cinnamon and vanilla. Mix thoroughly and add flour, soda and salt. Bake in oblong greased cake pan at 350° for 30 to 34 minutes. While still hot spread with topping, mixed well but uncooked.

Topping:

6 T. melted oleo
1 c. shredded coconut
1 c. chopped nuts
¼ c. cream or milk
⅔ c. brown sugar
1 tsp. vanilla

Beat until moist and spread on hot cake.

POPPY SEED CAKE

Rosemary Pratt

1 white or yellow cake mix (not pudding added)
1 pkg. coconut or lemon instant pudding mix
4 T. or less poppy seed
1 c. water
½ c. vegetable oil or less
4 eggs

Mix dry ingredients. Add water and oil. Add eggs, one at a time. Beat after each addition. Pour into well-greased and floured bundt pan. Bake at 350° for 45 minutes.

HELENE'S RUM CAKE

Kathryn Williamson

½ c. chopped nuts
1 pkg. yellow cake mix with pudding
½ c. light rum
½ c. water
½ c. oil
4 eggs

Preheat oven to 350°. Grease bundt pan. Sprinkle finely chopped nuts in bottom of pan. Mix other ingredients and pour over nuts. Bake 50 to 60 minutes. Remove from oven and pour hot rum glaze over at once.

Rum Glaze:

1 c. sugar
1 stick butter
¼ c. light rum
¼ c. water

Boil mixture for 3 minutes. Pour over cake and leave cake in pan for at least 45 minutes before putting on cake plate.

SAUERKRAUT SURPRISE CAKE

Cyndi Wilson

½ c. butter
1½ c. sugar
3 eggs
1 tsp. vanilla
2 c. sifted flour
1 tsp. baking powder
1 tsp. baking soda
¼ tsp. salt
½ c. cocoa
1 c. water
1 (8-oz.) can sauerkraut, drained, rinsed and finely snipped

In large mixing bowl, cream butter and sugar till light. Beat in eggs, one at a time, add vanilla. Sift together flour, baking powder, baking soda, salt and cocoa. Add to creamed mixture alternately with water, beating after each addition. Stir in sauerkraut. Turn into a greased and floured 13 x 9 x 2-inch pan. Bake at 350° for 35 to 40 minutes. Cool in pan. Frost with Sour Cream Chocolate Frosting.

Sour Cream Chocolate Frosting:

1 (6-oz.) pkg. semi-sweet chocolate chips
4 T. butter
½ c. sour cream
1 tsp. vanilla
¼ tsp. salt
2½ to 2¾ c. confectioners' sugar

Melt chips and butter over low heat. Remove from heat and blend sour cream, vanilla and salt. Gradually add sifted confectioners' sugar to make spreading consistency. Beat well and frost Sauerkraut Surprise Cake! Very good, Wonderful conversation piece!!

STRAWBERRY CAKE

Lois Lewis

1 white cake mix
1 sm. box strawberry Jello
½ c. oil
½ c. water
10-oz. box strawberries, drained and juice reserved
4 eggs

Mix cake mix, Jello, oil and water. Add eggs, one at a time. Add ½ cup strawberry juice. Bake at 350° for 25 to 30 minutes in 2 well-greased and floured 9-inch pans or 9 x 12-inch pan.

Icing:

1 lb. powdered sugar
1 stick melted oleo
½ c. drained strawberries

Mix thoroughly. If too thick add a little juice.

TURTLE CAKE

Belinda Ball

1 box German chocolate cake mix with pudding
1 (14-oz.) pkg. caramels
1 can Eagle Brand milk
½ c. margarine
6 oz. chocolate chips
1 c. pecans

Mix cake according to package directions. Pour ½ batter into greased and floured 9 x 13-inch pan. Bake 15 minutes at 350°. Melt caramels and margarine. Gradually add Eagle Brand. Spread over cake. Pour rest of batter over that. Sprinkle chocolate chips and nuts on top. Bake 25 to 30 minutes at 350°. May refrigerate this cake.

TWINKIE CAKE

Matthew Zabloudil

Chocolate or yellow cake mix
5 T. flour
1 c. milk
1 c. sugar
½ c. Crisco
½ c. margarine
1 tsp. vanilla

Bake cake as directed in 9 x 13-inch pan. Cool. Remove from pan. Split horizontally. (I use a piece of thread to split it.) For filling, boil flour and milk, stirring constantly. Cool completely. Combine remaining ingredients. Beat till fluffy. Add milk mixture to sugar mixture. Beat till fluffy. Spread filling between layers. Cover cake and refrigerate 1 day. Refrigerate leftovers.

ZUCCHINI CAKE

Nancy Bien

3 c. grated zucchini
3 c. sugar
1½ tsp. cinnamon
1 tsp. baking soda
½ tsp. salt
2 tsp. baking powder
4 eggs
3 c. flour
1 c. chopped nuts

Grease and flour 9 x 13-inch baking pan. Mix zucchini, sugar, oil and eggs. Mix dry ingredients, add to first mixture. Beat well. Bake 1 hour at 300°.

DECORATOR ICING

Ann Lutz

1¾ c. Crisco
½ c. evaporated milk
2 tsp. vanilla
½ tsp. butter flavoring
2 lbs. powdered sugar

Cream all ingredients together. Just mix until combined, overbeating causes air pockets. If too stiff, you may add 1 to 2 tablespoons milk.

CRANBERRY-NUT COFFEECAKE

Veronica Ouellette

¼ c. brown sugar, packed
½ c. chopped walnuts
¼ tsp. cinnamon
2 c. Bisquick baking mix
2 T. granulated sugar
1 egg
⅔ c. water OR milk
⅔ c. whole cranberry sauce
Confectioners' Sugar Frosting

Heat oven to 400°. Grease square 9 x 9 x 2-inch pan. Mix brown sugar, walnuts and cinnamon. Combine baking mix, granulated sugar, egg and water, beat vigorously ½ minute. Spread in pan. Sprinkle with nut mixture. Spoon cranberry sauce over top. Bake 20 to 25 minutes. While warm, spread with icing. Makes 9 servings. **Confectioners' Sugar Icing:** Blend 1 cup confectioners' sugar, ½ teaspoon vanilla and about 1 tablespoon water.

RASPBERRY COFFEECAKE

Kathy Jordan

- **2¼ c. flour**
- **1 c. sugar**
- **1¼ sticks unsalted butter, room temp.**
- **½ tsp. baking powder**
- **½ tsp. baking soda**
- **¼ tsp. salt**
- **1 tsp. almond extract**
- **2 lg. eggs**
- **8 oz. soft cream cheese**
- **½ c. raspberry preserves**
- **½ c. sliced almonds**

Mix flour and ¾ cup sugar. Cut in butter till resembles coarse crumbs. Reserve 1 cup and set aside. To remaining crumb mixture add baking powder, soda, salt, sour cream, extract and 1 egg. Blend. Gently pat dough over bottom and 1½ inches up sides of 9-inch springform pan (greased and floured). Combine cream cheese, ¼ cup sugar and 1 egg. Blend. Pour over batter. Warm preserves and spoon over cream cheese mixture. Add almonds to reserved crumbs. Sprinkle over top. Bake at 350° for 45 to 55 minutes. Cool 15 minutes. Remove from pan.

RHUBARB COFFEECAKE

Darlene Singhurst

- **2 c. flour**
- **1 c. sugar**
- **4 tsp. baking powder**
- **1½ tsp. cinnamon**
- **½ tsp. salt**
- **1 egg**
- **1 c. buttermilk**
- **¼ c. vegetable oil**
- **2 tsp. vanilla**
- **2 c. chopped rhubarb, thawed and drained if frozen**
- **2 T. sugar**
- **¼ tsp. cinnamon**

Preheat oven to 350°. Lightly spray 9-inch round pan with vegetable cooking spray. In medium bowl combine flour, sugar, baking powder, cinnamon and salt. In large bowl, whisk egg, buttermilk, oil and vanilla. Add flour mixture and blend. Stir in rhubarb. Pour batter into pan. Spread evenly. In small bowl combine remaining sugar and cinnamon. Sprinkle evenly over cake. Bake 45 to 50 minutes or until golden brown. Let cake cool in pan on wire rack 15 minutes. Serve warm. Cut into 10 wedges.

SOUR CREAM COFFEECAKE

Toni M. Carr

1 white or yellow cake mix	**½ c. cooking oil**
4 eggs	**½ c. water**
1 c. sour cream	
1 (3-oz.) pkg. instant vanilla pudding	

Sugar Mixture:

½ c. brown sugar	**½ c. chopped nuts**
1 tsp. cinnamon	

Glaze:

Milk	**1½ c. powdered sugar**

Beat cake mix, eggs, sour cream, instant pudding, oil and water for 7 minutes. Pour half of batter into a 9 x 13-inch greased pan. Mix brown sugar and cinnamon together. Sprinkle half of sugar mixture and half of nuts over batter. Pour rest of batter on top and sprinkle with remaining sugar mixture and nuts. Bake 40 minutes at 350°. While cake is still hot, poke holes in it with a meat fork. Make glaze by adding enough milk to powdered sugar to make it a drizzle consistency. Drizzle glaze mixture over hot cake and brush evenly with a clean pastry brush.

BROWN-EYED SUSANS

Nancy Wedman

Cookies:

1 c. margarine	**2 c. flour**
3 T. sugar	**½ tsp. salt**
1 tsp. almond extract	

Frosting:

1 c. confectioners' sugar	**½ tsp. vanilla**
2 T. cocoa	**Almond halves**
2 T. hot water	

Cream margarine. Add sugar, almond extract, flour and salt. Roll level tablespoons of mixture into balls. Place on greased cookie sheet, flatten slightly. Bake at 400° for 10 to 12 minutes. **Frosting:** Combine sugar and cocoa. Add the water and vanilla. Put ½ teaspoon of frosting on each cookie with an almond half in the center. Yield: 3 dozen.

CAKE MIX COOKIES

Tamra Redeker Coopman

Any cake mix	**½ c. vegetable oil**
2 eggs	**Nuts, raisins or chocolate chips**

Preheat oven to 350°. Mix cake mix, eggs and vegetable oil together. Add nuts, raisins or chocolate chips if desired. Drop teaspoonfuls of dough onto an ungreased cookie sheet, spacing about 2 inches apart. Bake for 8 to 10 minutes and let cool before serving.

CHOCOLATE CHIP COOKIES

Courtney and Tyler Pence

1 c. butter or margarine	**2¼ c. flour**
⅔ c. plus 2 T. sugar	**1 tsp. baking soda**
⅔ c. plus 2 T. brown sugar	**½ tsp. salt**
2 tsp. vanilla	**1 (6-oz.) pkg. semi-sweet chocolate chips**
2 eggs	

Cream margarine, sugars and vanilla until light and fluffy. Beat in eggs, one at a time. Mix in dry ingredients. Stir in chocolate pieces. Drop onto lightly greased cookie sheet. Bake 10 to 12 minutes at 375°. Makes about 4 dozen cookies.

CHOCOLATE CHOCOLATE CHIP COOKIES

Barb Lang

1 chocolate cake mix	**½ c. chocolate chips**
⅓ c. oil	**Powdered sugar**
2 eggs	

Mix cake mix, oil and eggs together. Add chocolate chips. Drop rounded teaspoons 2 inches apart on ungreased cookie sheet. Bake at 350° for 10 minutes. Top of cookies will crack. Dust with powdered sugar.

FAMOUS FAKE MRS. FIELD'S COOKIES

Nancy Winter

1½ c. white sugar	**6 c. white flour**
2 c. light brown sugar	**1½ tsp. salt**
1 lb. butter, softened	**1½ tsp. baking soda**
3 eggs	**3 c. chocolate chips**
2 T. vanilla	**2 c. pecans (opt.)**

Cream sugars and butter. Add eggs and vanilla. Whisk together or sift flour, salt and baking soda. Add slowly to sugar, butter and egg mix. Dough will be stiff (mix with hands). Add chips and nuts. Chill dough 1 hour. Drop 1 tablespoon dough on cookie sheet (8 to 10 cookies). Bake at 350° till edges are browned, 7 to 8 minutes. Two tablespoons dough equals 3 to 3½-inch cookies. Three tablespoons dough equals 4 to 4½-inch cookies.

COOL WHIP COOKIES

1 egg
1 c. Cool Whip
1 cake mix
Powdered sugar

Beat egg. Add 2 cups of Cool Whip. Mix well. Stir in any kind of cake mix. With a teaspoon dip the dough into powdered sugar, place on cookie sheet and bake at 350° for 10 minutes.

COWBOY COOKIES

Kimberlee Wolz

½ c. melted butter
¾ c. packed light brown sugar
2 eggs
1 tsp. vanilla
1 c. flour
2 tsp. cocoa
½ tsp. baking powder
¼ tsp. baking soda
1 c. uncooked oats
1 c. chocolate chips
½ c. raisins
½ c. chopped walnuts

Preheat oven to 375°. Lightly grease cookie sheets. Cream butter, brown sugar, eggs and vanilla until fluffy. Combine flour, cocoa, baking powder and baking soda into butter mixture. Stir in oats, chips, raisins and nuts. Drop by rounded teaspoon, 2 inches apart, onto prepared cookie sheets. Bake 9 to 11 minutes or until center is set. Cool on cooling racks.

CREAM CHEESE CHRISTMAS COOKIES

Ann Lutz

½ c. butter or margarine
1 (8-oz.) pkg. softened cream cheese
1 egg yolk
½ tsp. vanilla
1 yellow or white cake mix
Green and red colored granulated sugar

Mix all ingredients except colored sugars. Roll cookie dough into balls and then roll in colored sugar. Bake on ungreased cookie sheet at 375° for 7 to 10 minutes. Let cookies cool on cookie sheet before removing.

LAND OF AH'S COOKIES

Gerry Bromert

¾ c. shortening
1 c. sugar
1 c. packed brown sugar
2 eggs
1 tsp. vanilla extract
2 c. all-purpose flour
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
2 c. quick-cooking oats
1 c. flaked coconut
1 c. salted sunflower seeds

In mixing bowl, cream shortening and sugars until light and fluffy. Add eggs and vanilla, mix well. Combine flour, baking soda, baking powder and salt. Add to creamed mixture and mix well. Stir in the oats, coconut and sunflower seeds. Drop by teaspoonfuls onto greased baking sheets. Bake at 350° for 10 to 12 minutes. Yield: 5 dozen.

MINCEMEAT COOKIES

Debra Didde

2 c. butter	1 tsp. salt
1 c. sugar	2 c. mincemeat
6 c. sifted flour	2 c. chopped pecans

Mix ingredients in the order listed. Divide dough into 4 parts. Form into long rolls. Wrap in waxed paper and chill. When chilled slice 1/4 inch thick. Place on cookie sheet and bake 12 to 15 minutes in 400° oven.

OATMEAL COOKIES

Ethel L. Rothwell

1 c. Crisco	2 c. flour
1 c. brown sugar	2 eggs
2 c. oatmeal	1 tsp. soda
1 tsp. cinnamon	Pinch salt
1 c. raisins	1 c. chopped nuts
1 c. sour milk	

Mix all ingredients together well and drop by teaspoonful on cookie sheet to bake, about 15 minutes in 350° (medium) oven.

OATMEAL COOKIES

Delores Motelet

1 c. shortening	1½ c. flour
1 c. sugar	1 tsp. salt
1 c. brown sugar	1 tsp. soda
2 eggs	3 c. oats
1 tsp. vanilla	Raisins or nuts

Cream shortening and sugars. Mix in eggs and vanilla. Sift flour, salt and soda. Fold into creamed mixture. Stir in oats and nuts or raisins. Roll in small balls and place on a greased cookie sheet. Flatten with fork. Bake at 350° for 10 to 12 minutes.

OATMEAL COOKIES

Louise Gall
Mother of Leona Jones

1 c. brown sugar	1 tsp. salt
1 c. white sugar	1 c. coconut
1 c. shortening	1 c. quick-cooking oatmeal
2 eggs	1 tsp. cinnamon
1 c. flour	1 tsp. vanilla
1 tsp. baking powder	1 c. nuts
1 tsp. soda	2 c. Rice Krispies

Cream butter and sugar. Add eggs. Add other ingredients. Add Rice Krispies last. Drop teaspoonful on greased cookie sheet. Bake at 350° for 10 to 15 minutes. Makes 85 cookies.

OATMEAL DROP COOKIES

Sr. Amelia

- 2 c. brown sugar
- 1 c. margarine
- 1 c. oil
- ½ tsp. salt
- 4 eggs
- 1 c. raisins
- 4 c. oatmeal (old fashioned)
- 3½ c. flour
- 2 tsp. cinnamon
- 1 c. walnuts
- 2 tsp. vanilla

Boil 1 cup raisins for 15 minutes in ¾ cup water. **Cool.** Cream brown sugar, margarine, oil, salt and eggs. Add oatmeal, flour, etc. Add 2 teaspoons soda, mixed in 10 tablespoons raisin juice. Mix well. Add raisins. Drop on cookie sheets. Bake in 375° oven until lightly browned.

BEST EVER OATMEAL COOKIES

Diane Chapman

- 1 c. oleo
- 1 c. white sugar
- 2 c. oats
- 1 tsp. soda
- ½ tsp. almond flavoring
- 1 c. brown sugar
- 2 eggs
- 2 c. flour
- ½ tsp. vanilla

Cream butter and sugars. Add eggs and flavoring, beat together. Let stand while you sift flour and soda. Add to mixture. Drop on a slightly greased cookie sheet. Bake 10 to 12 minutes at 350°.

OATMEAL RICE KRISPIE COOKIES

Rosanna Sayler

- 1 c. shortening
- 1 c. white sugar
- 1 c. brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2 c. flour
- 1 tsp. soda
- ½ tsp. baking powder
- ½ tsp. salt
- 2 c. oatmeal
- 2 c. Rice Krispies

Cream shortening, sugars, eggs and vanilla. Sift and add dry ingredients. Mix well, then add oatmeal and Rice Krispies. Bake 12 minutes at 350°.

QUICK UNBELIEVABLE PEANUT BUTTER COOKIES

Andrew Ferguson

- 1 c. peanut butter
- 1 c. sugar
- 1 egg, unbeaten
- 1 tsp. vanilla (opt.)

Mix together all ingredients. Shape into balls and crisscross with fork. Bake at 325° for 8 to 10 minutes. Yield: 2 dozen.

SALTED PECAN COOKIES

Paula Mader

1 c. soft butter or margarine
1 c. sugar
1 egg
1 tsp. vanilla
1½ c. flour
½ tsp. salt
½ tsp. baking soda
½ tsp. baking powder
2 c. uncooked oatmeal
1 c. chopped pecans

Preheat oven to 350°. Cream butter and sugar until light and fluffy. Add egg and vanilla, continue to mix. Combine dry ingredients and add gradually. Add oatmeal and mix. Stir in pecans. Drop by teaspoon on ungreased cookie sheet. Lightly sprinkle cookies with salt. Bake for 15 minutes.

FROSTED PINEAPPLE COOKIES

Teresa Powers

1 (8-oz.) can crushed pineapple
½ c. shortening
1 c. packed brown sugar
1½ tsp. baking powder
¼ tsp. salt
1 egg
1 tsp. vanilla
2 c. flour
¼ tsp. baking soda
1½ c. powdered sugar

Drain pineapple, reserving 3 tablespoons juice. Set pineapple aside, set juice aside for frosting. In a mixing bowl, cream shortening and sugar. Add egg, mix well. Add pineapple and vanilla, mix well. Combine flour, baking powder, baking soda and salt. Stir into the creamed mixture. Drop by teaspoon 2 inches apart onto greased baking sheets. Bake at 325° for 17 to 20 minutes or until golden. Immediately remove from baking sheets to cool on wire racks. **Frosting:** In a small bowl, combine powdered sugar with enough of the reserved pineapple juice to achieve a smooth spreading consistency. Frost cooled cookies. Yield: 3 dozen.

SNICKERDOODLES

Velma Peine

1 c. soft shortening, part butter
1½ c. sugar
2 eggs
2¾ c. sifted flour
2 tsp. cream of tartar
1 tsp. soda
¼ tsp. salt

Mix thoroughly the first 3 items. Sift together the rest of the items and stir into the first mixture. Roll into balls the size of small walnuts. Roll in mixture of 2 teaspoons sugar and 2 teaspoons cinnamon. Place 2 inches apart on ungreased baking sheet and bake 8 to 10 minutes at 400°. Makes 5 dozen 2-inch cookies.

SUGAR COOKIES

Debra Didde

Sift together:

4 c. sifted flour
½ tsp. soda
1 tsp. baking powder
½ tsp. salt
¾ tsp. nutmeg
¾ tsp. cinnamon

Beat till fluffy:

1 c. soft butter
1 egg
1½ c. sugar

Fold into butter mixture:

½ c. sour cream
1 tsp. vanilla

Add flour gradually. Roll very thin between 2 sheets of waxed paper and refrigerate. Cut out and sprinkle with colored sugars. Bake in 400° oven for 10 to 12 minutes.

SUGAR COOKIES

Angie Walker

½ c. oleo
1 c. sugar
½ c. sour cream
1 egg
1½ tsp. vanilla
3¼ c. flour
½ tsp. salt
1 tsp. soda

Mix oleo, sugar, sour cream, egg and vanilla together. Add flour, salt and soda, a little at a time. Mix well after each addition. Chill the dough for at least an hour. Roll out dough, use cookie cutters to make shapes. Bake at 350° till slightly brown, about 8 to 10 minutes. Frost and decorate.

SUGAR COOKIES

Paula Mages

2 c. sugar
1 c. shortening
4 eggs
6 c. flour (approx.)
2 tsp. baking powder
1 tsp. soda
½ tsp. allspice
½ tsp. vanilla
½ c. milk
½ tsp. salt

Sift dry ingredients together, set aside. Cream sugar, shortening and vanilla. Add eggs, 1 at a time, beating well after each. Add milk. Gradually add flour, enough to make a soft dough. Refrigerate 1 hour. Roll out small portions at a time. Cut into desired shapes. **Note:** Recipe may be cut in half if desired.

AMISH SUGAR COOKIES

Pauline Green

1 c. sugar
1 c. powdered sugar
1 c. Crisco
1 c. oil
2 eggs
1 tsp. vanilla
1 tsp. coconut flavoring
4½ c. flour
1 tsp. soda
1 tsp. salt
1 tsp. cream of tartar

Blend sugar, powdered sugar and Crisco. Add and blend oil, eggs, vanilla and coconut flavoring. Sift together the dry ingredients. Add to first mixture. Chill, then roll into walnut-sized balls, flatten with a glass dipped in sugar. (I use my potato masher.) Bake in a 375° oven for 10 to 12 minutes. Makes a large amount of cookies. Freezes well. (I add coconut to the last half of the dough. Also have added a small amount of dry red Jello in my sugar that I roll the balls in before flattening them. Makes a pretty plate of cookies, from 1 batch of dough.)

CHRISTMAS SUGAR COOKIES

Monica Sobba

1 c. shortening
2 c. sugar
3 eggs
¼ c. milk
1½ tsp. vanilla
4 c. flour
1 tsp. baking powder
½ tsp. salt
¼ tsp. soda

Preheat oven to 400°. Cream shortening and sugar. Add eggs and cream again. Add milk and vanilla, stirring well. Add dry ingredients. Refrigerate overnight. Roll out a little at a time, on a floured surface and cut. Bake about 12 minutes. After cookies cool, frost them with confectioners' sugar frosting with food coloring. Makes 4 to 5 dozen.

CRISP SUGAR COOKIES

Natalie Humerickhouse

1 c. sugar
1 c. oleo
½ tsp. salt
2 eggs
1 tsp. baking powder
1 tsp. soda
2½ c. flour

Cream oleo, sugar and eggs. Beat well. Add rest of ingredients in order given, beat well. Chill 1 hour. May be rolled and cut or drop by adding nuts, chocolate or caramel chips. May also be frosted. Bake in moderate oven until lightly brown, about 8 minutes.

GRANDMA SMITH'S SUGAR COOKIES

Regina Jameson

1 c. sugar
1 egg
1 tsp. vanilla
1 tsp. soda
1 c. shortening
2 c. flour

Mix well and drop by spoon on baking sheet. Press with glass dipped in sugar. Bake at 350° for 10 minutes.

MERRY SUGAR COOKIES

Veronica M. Pacheco

2¾ c. all-purpose flour
1 tsp. baking soda
½ tsp. baking powder
¼ tsp. salt
1 c. (2 sticks) butter, softened
1½ c. sugar
1 tsp. vanilla extract
1 (9-oz.) pkg. (1½ c.) Nestle's semi-sweet chocolate merry morsels, divided

Preheat oven to 375°. In a small bowl, combine flour, baking soda, baking powder and salt. Set aside. In a large mixing bowl beat butter and sugar until creamy. Beat in egg and vanilla extract. Gradually beat in flour mixture (batter will be stiff). Stir in 1 cup Nestle's Toll House semi-sweet chocolate merry morsels. Roll rounded teaspoonful of dough into balls, place on ungreased cookie sheet. Gently press 3 or 4 morsels on top of cookies. Bake 8 to 10 minutes or until cookies are puffed and slightly golden.

SWEDISH PRESS COOKIES

Debra Didde

1 lb. butter
1 c. sugar
2 egg yolks
1 tsp. almond extract
½ c. finely chopped almonds
4½ c. flour

Cream sugar and butter while cold, then gradually add the rest. Push through cookie press onto cookie sheet and bake in 350° oven for 7 to 10 minutes.

VIENESE CRESCENTS

Nancy Wedman

1 c. butter
¼ c. sugar
2 c. flour
1 c. finely chopped almonds
1 tsp. vanilla

Cream butter. Add rest of ingredients. Mix well. Shape with fingers in crescents, about 3 x 1 x ½-inch. Roll in confectioners' sugar. Place on cookie sheets. Bake in 300° oven for 35 minutes. Cool, then roll in confectioners' sugar again. Yield: 3 dozen.

NO-BAKE CHOCOLATE COOKIES

Regina Jameson

2 c. white sugar	**1 stick butter**
¼ c. cocoa	**½ c. peanut butter**
½ c. milk	**1 tsp. vanilla**
½ tsp. salt	**3¼ c. oatmeal**

Bring first 5 ingredients to a boil, boil 2 minutes. Take off heat and add remaining ingredients. Stir and drop onto waxed paper. Cool until firm.

NO-BAKE COOKIES

Lauren Reynoso

2 c. sugar	**½ c. peanut butter**
½ c. margarine	**3 c. quick oats**
½ c. milk	**3 T. cocoa**
1 tsp. vanilla	

Bring sugar, margarine and milk to a rolling boil, boil 1 minute. Remove from heat. Stir in vanilla and peanut butter. Combine remaining ingredients. Pour peanut butter mixture over quick oats mixture. Mix well. Dry by spoonful onto waxed paper. Cool.

NO BAKE COOKIES

Elizabeth Weber

2 c. sugar	**½ c. peanut butter**
⅓ c. cocoa	**1 tsp. vanilla**
1 stick margarine	**3 c. raw oats**
½ c. milk	

Combine sugar, cocoa, margarine and milk. Bring to a boil and boil 2 to 3 minutes. Add peanut butter, vanilla and oats. Mix all ingredients thoroughly and drop by teaspoons onto waxed paper. Makes 2 dozen large cookies or 3 dozen small cookies.

CATHEDRAL NO-BAKE COOKIES

Velma Peine

1 (6-oz.) pkg. chocolate chips (must be Nestle's)	**1 c. powdered sugar**
2 T. butter or margarine	**¼ tsp. vanilla**
1 egg, well beaten	**4 c. miniature colored marshmallows**

Melt chocolate chips and butter over warm water. Remove from heat. Add egg, sugar and flavoring, then marshmallows. Make in 2 rolls. Roll in coconut or graham cracker crumbs. Cool and slice.

CHOCOLATE PEANUT BUTTER GRAHAMS

Keith Bergkamp

6 honey grahams
½ c. peanut butter
6 squares almond bark
1 square of chocolate bark

Sandwich 2 crackers together with peanut butter. Press together so peanut butter spreads to edge. Using tongs dip crackers into melted almond bark. Place on waxed paper. Let dry. Using spoon, string dark chocolate over them to make design.

PEANUT BUTTER CUPS

Regina Jameson

2 sticks melted butter
1 pkg. crushed graham crackers
1 c. peanut butter
2¼ c. powdered sugar
1 (12-oz.) bag chocolate chips

Easy to make in food processor. Crush graham crackers, add melted butter and peanut butter. Mix and add powdered sugar. Press into pan (cake pan or cookie sheet). Melt chocolate chips and spread on top. Cool and cut into squares.

REESE'S BROWNIE CUPS

Chris Hermreck

1 pkg. fudge brownie mix
15 to 20 miniature peanut butter cup candies, unwrapped

Preheat oven to 350°. Prepare brownie mix according to package directions. Place cupcake liners in muffin tins. Fill each cup ½ full with prepared brownie mix. Bake at 350° for 10 minutes. Remove from oven. Push 1 peanut butter candy in center of each cupcake until even with surface of brownie. Bake 5 to 7 minutes longer. **Do not overbake.** Let cool.

PEANUT BUTTER KISSES

Meghan Haggard

2 c. creamy peanut butter
1¼ c. sugar
2 lg. eggs
48 Hershey's kisses

Heat oven to 350°. Have cookie sheets ready. Stir peanut butter, sugar and eggs in bowl until blended. With floured hands, roll level measuring tablespoon into 1¼-inch balls. Place 1½ inches apart on ungreased cookie sheets. Bake 12 to 14 minutes until cookies look dry and tops are cracked. Remove from oven and immediately press a chocolate kiss in center of each cookie. Cool on cookie sheet 1 to 2 minutes, then remove to wire racks to cool. Store airtight in 1 layer up to 3 weeks. Yield: 48 cookies.

CINNAMON CANDY POPCORN

Gina Clough

8 qt. plain popped popcorn
1 c. butter or margarine
½ c. light corn syrup
1 (9-oz.) pkg. red hots candies

Place popcorn in a large bowl and set aside. In a saucepan, combine butter, corn syrup and candies. Bring to a boil over medium heat, stirring. Pour over popcorn and mix thoroughly. Turn into 2 greased 15 x 10 x 1-inch baking pans. Bake at 250° for 1 hour, stirring every 15 minutes. Remove from pans and place on waxed paper to cool. Break apart. Store in airtight containers or plastic bags.

FOREVER AMBERS

Sister Mary Grosdidier

1 lb. orange slices, cut into sm. bits
7 oz. flaked coconut (5 to 5½ c.)
1 c. chopped nuts
2 cans Eagle Brand condensed sweetened milk
1 tsp. vanilla

Mix all together and spread on greased cookie sheet. Bake at 350° for 30 minutes. Remove from oven and let cool until you can handle it, using a small amount (1 teaspoon per ball). Roll into balls and then in powdered sugar. Yield: 80 to 100 balls.

CREAMY FUDGE

Denise Geist

1-lb. pkg. confectioners' sugar
⅓ c. baking cocoa
¼ c. evaporated milk
1 stick butter, sliced
1 tsp. vanilla extract
½ c. chopped pecans

Mix confectioners' sugar and cocoa in greased 8 x 8-inch glass baking dish. Add evaporated milk and butter, do not mix. Microwave on high for 2 minutes, or until butter is melted. Stir until mixed. Add vanilla and pecans, mix well. Spread evenly in dish. Chill for 1 hour. Cut into squares. Yield: 24 ounces.

MILK CHOCOLATE CHIP FUDGE

Patty Walters

¾ c. evaporated milk
¼ c. butter or shortening
2¼ c. sugar
1¾ c. marshmallow creme
2 c. milk chocolate chips
1 tsp. vanilla extract
1 c. chopped nuts (opt.)

Butter 9-inch square pan. In heavy 3-quart saucepan, combine evaporated milk, butter, sugar and marshmallow creme. Cook over medium heat, stirring constantly, until mixture comes to a rolling boil, boil and stir 5 minutes. Remove from heat. Immediately add milk chocolate chips and vanilla, stirring until smooth. Add nuts if desired. Pour into prepared pan, cool completely.

"KATIE'S BUTTERMILK FUDGE"

Nancy Winter

1 c. buttermilk
1 tsp. baking soda
2 c. sugar (white granulated)
1½ sticks butter or margarine
2 T. white Karo syrup
1 tsp. vanilla extract
1 c. pecans (opt.), chopped

In a 1½ to 2-quart saucepan put buttermilk. Add soda. Mix (milk should rise some). Add sugar, butter and Karo. Stir. Cook over medium heat, stirring occasionally, till mixture forms fairly hard ball in cold water. Cool some, then add vanilla. Beat with mixer or by hand till almost firm. Add 1 cup pecans. Pour into 8 x 8-inch greased pan. Let set and cut into squares.

HAYSTACKS

Teresa Zabloudil

6 oz. butterscotch chips or bark
½ c. peanut butter
½ c. peanuts
1 (4½-oz.) can chow mein noodles (I use more)

Place chips or bark in 2-quart container and microwave to melt chips. Crush noodles slightly to make Haystacks easier to form. Add peanuts and noodles to mixture. Drop by forkfuls onto waxed paper. Store in airtight container in a cool place.

OUT OF THIS WORLD CANDY

Jane Broshear

1 tsp. vanilla
1 can sweetened condensed milk
2 lbs. powdered sugar
2 sticks (1 c.) margarine, melted
1½ c. pecans, broken into pieces
1½ c. coconut
1 (12-oz.) pkg. semi-sweet chocolate chips
1 slab paraffin

Mix first 4 ingredients together, then fold in nuts and coconut. Roll into balls, about 1 inch in diameter, refrigerate. Melt paraffin in small microwave safe bowl 10 to 12 minutes on high. Add chips, stirring till melted. Place back in microwave on 40% power for 20 seconds at a time till melted. Remove candy balls from refrigerator. Dip candy balls into chocolate mixture using toothpick and place on waxed paper till set. Store in airtight container. Makes a great gift!

MICROWAVE PEANUT BRITTLE CANDY

Zella Stine

1 c. sugar	**1 tsp. vanilla**
½ c. white corn syrup	**1 tsp. butter**
⅛ tsp. salt	**1 tsp. soda**
1 c. raw peanuts	

Combine peanuts, sugar and corn syrup and salt in a 4-cup glass measuring cup. Cook 2 minutes on high. Stir, cook 6 more minutes on high. Add butter and vanilla. Stir, cool 1 to 2 minutes longer on high. Stir in baking soda and pour into buttered jellyroll pan or cookie sheet. Spread thin with spoon. I stretch it as much as I can. Cool and break into pieces.

PEANUT CLUSTERS

Sarah Didde

1½ lb. white almond bark	**2 to 2½ (10-oz.) bags salted Spanish peanuts**
1 (12-oz.) pkg. milk chocolate chips	
1 (6-oz.) pkg. semi-sweet chocolate chips	

Melt almond bark and chocolate chips in double boiler. Add nuts. Spoon onto cookie sheet covered with waxed paper. Refrigerate until solid. Remove from tray. Store in container in refrigerator.

PEANUT CLUSTERS

Dina Wolken

1 lb. almond bark	**1 lb. salted peanuts**
12 oz. chocolate chips	

Melt together almond bark and chocolate chips until melted in microwave. Add peanuts. Stir and drop onto waxed paper.

PEANUT CLUSTERS

Chelsea Bien

1 (12-oz.) pkg. chocolate chips	**Salted Spanish peanuts**
¼ to ½ bar paraffin	

Melt chocolate chips and paraffin in a double boiler. Mix in peanuts, then spoon onto waxed or cupcake papers. Cool and eat.

WHITE CHOCOLATE FANTASY FUDGE

Gerry Bromert

2 c. sugar
¾ c. sour cream
½ c. oleo
12 oz. white chocolate, coarsely chopped
1 (7-oz.) jar marshmallow creme
¾ c. chopped dried apricots
¾ c. chopped walnuts

Combine sugar, sour cream and oleo in 3-quart saucepan. Bring to a full boil, stirring constantly. Continue boiling 7 minutes over medium heat (or 234°). Stir or will scorch. Remove from heat. Stir in white chocolate until melted. Add remaining ingredients, beat until well blended. Pour into a greased 9-inch pan. Cool at room temperature. Makes 2½ pounds.

BLARNEY STONES

Diane Humerickhouse

2 c. sifted flour
1½ c. sugar
1 tsp. salt
½ c. salad oil
4 egg yolks
¾ c. cold water
1 tsp. vanilla
4 egg whites
½ tsp. cream of tartar

Icing:

2 c. powdered sugar
¼ c. butter
Hot water
Ground salted peanuts

Sift dry ingredients, making a well. Add oil, yolks, water and vanilla in order. Beat until satin smooth. Combine whites, cream of tartar in large bowl, beat until they form stiff peak. Fold yolk batter gradually into whites. Pour into jellyroll pan, bake at 350° for 30 to 35 minutes. Cool, cut into 2-inch squares. **Icing:** Melt butter, mix with powdered sugar and add enough hot water to make thin icing. Ice squares on all sides, roll in ground peanuts.

APPLESAUCE BROWNIES

Kathy Frye-Ferguson

1½ c. sugar
½ c. shortening
½ tsp. cinnamon
2 T. cocoa
2 c. sweetened applesauce
2 beaten eggs
1½ tsp. baking soda
2 c. flour
½ tsp. salt

Preheat oven to 350°. Cream together sugar and shortening in a bowl. Add rest of ingredients and combine. Pour in 10 x 16-inch pan. **Topping:** Spread 2 tablespoons white sugar evenly over top of batter. Spread 1 package of chocolate chips evenly over sugar. Bake for 25 minutes.

BUTTERMILK BROWNIES

Debbie French

2 c. sugar
2 c. flour
4 T. cocoa
1 stick butter
2 eggs
½ c. buttermilk
1 tsp. soda
1 c. water
½ c. salad oil

Frosting:

1 stick butter
¼ c. cocoa
1 tsp. vanilla
½ c. buttermilk
1 pkg. powdered sugar

Sift sugar, flour and cocoa together. Bring water, butter and oil to a boil and pour over dry ingredients. Beat till creamy. Add buttermilk, soda and eggs, beat thoroughly. Bake 18 minutes at 400° in sheet cake pan. **Frosting:** Bring to a boil the butter, cocoa, vanilla and buttermilk. Add powdered sugar. Mix till smooth and spread over warm brownies.

CHEWY BROWNIE COOKIE

Angie Walker

⅔ c. Crisco
1½ c. firmly packed light brown sugar
1 T. water
1 tsp. vanilla
2 eggs
1½ c. flour
⅓ c. unsweetened baking cocoa
¼ tsp. baking soda
½ tsp. salt
2 c. semi-sweet chocolate chips
1 c. walnut pieces

Heat oven to 375°. Combine Crisco, light brown sugar, water and vanilla in large mixing bowl. Beat at medium speed until well blended. Beat eggs into creamed mixture. Combine flour, cocoa, baking soda and salt. Mix into creamed mixture at low speed until just blended. Stir in chocolate chips. drop rounded measuring tablespoonfuls 2 inches apart on ungreased baking sheet. Bake for 7 to 9 minutes. Cookies will appear soft and moist, do not **overbake**. Cool on cookie sheet 2 minutes. Yield: Approximately 3 dozen.

COOKIE SHEET BROWNIES

Rose Whitacre

6 eggs
2½ c. flour with ¼ tsp. salt
1½ c. oleo
3 c. sugar
2 tsp. vanilla
¾ c. cocoa
1 c. nuts (opt.)

Mix together. Add 1 cup nuts if desired. Bake in a lightly greased and floured 10½ x 15 x 1-inch pan or spray with Pam. Bake at 350° for 30 minutes.

ONE PAN BROWNIES

Mary McClure

1 c. oleo or butter
4 oz. baking chocolate
2 c. sugar
4 eggs
2 tsp. vanilla
1 c. chopped nuts
1½ c. sifted flour
1 tsp. baking powder
1 tsp. salt

Preheat oven to 350°. Melt oleo and chocolate in a 9 x 13 or 10 x 14-inch pan on low heat. Remove from heat, add sugar and mix well. Add eggs, one at a time, and mix well. Add vanilla and chopped nuts. Sift dry ingredients on waxed paper. Add flour mixture and mix thoroughly. Bake 25 to 30 minutes. Cool slightly on a rack and cut into squares. Remove from pan when cold.

LAZY DAY BROWNIES

Lisa M. Whitacre

2 sticks oleo
1 c. water
2 T. cocoa
2 c. flour
2 c. sugar
1 tsp. soda
½ tsp. salt
2 eggs
½ c. sour cream

Heat to boil oleo, water and cocoa. Sift together flour, sugar, soda and salt. Add 2 eggs and ½ cup sour cream to dry mixture, then add hot mixture. Pour into 9 x 13-inch pan, bake 25 minutes at 350°. **Frosting:** Bring 1 stick oleo, 6 tablespoons milk and 3 tablespoons cocoa to a boil. Add 1 box of powdered sugar, 1 tablespoon vanilla and 1 cup nuts. Frost while hot.

ROCKY ROAD BROWNIES

Kimberlee Wolz

2 eggs
1 c. sugar
1 stick butter, softened
2 T. cocoa
¾ c. flour
1 c. pecans
2 c. miniature marshmallows
6 T. butter
6 T. milk
½ c. cocoa
3 c. powdered sugar

Mix together eggs, sugar, 1 stick butter, 2 tablespoons cocoa, flour and pecans. Bake 25 minutes at 325° in a lightly greased 8-inch square cake pan. Top immediately with marshmallows. Combine remaining ingredients except powdered sugar in a saucepan. Bring to boil, don't boil. Mix in powdered sugar until smooth. Pour over marshmallows. Cool completely. Serves 9.

QUICK BROWNIES

Barb Lang

1 pkg. chocolate cake mix	**2 T. milk**
½ c. oil	**2 eggs**

Mix the above ingredients. Add 1 cup chocolate chips and 1 cup coconut. Put in a greased 9 x 13-inch pan and bake for 20 to 25 minutes at 350°.

CASHEW TRIANGLES

Brett Adkinson

½ c. margarine of butter, softened
¼ c. sugar
¼ c. packed brown sugar
½ tsp. vanilla
1 egg, separated
1 c. flour
⅛ tsp. salt
1 tsp. water
1 c. chopped salted cashew nuts
1 (1-oz.) square unsweetened chocolate, melted

Heat oven to 350°. Mix margarine, sugars, vanilla and egg yolk. Stir in flour and salt. Press into ungreased 13 x 9 x 2-inch pan with floured hands. Beat egg white and water. Brush over dough. Sprinkle with nuts. Press lightly. Bake about 25 minutes, cool 10 minutes. Cut into 3-inch squares. Cut each square diagonally into halves. Remove from pan. Cool completely. Drizzle with chocolate. Let stand until chocolate is set, about 2 hours. Makes 24 triangles, 115 calories per triangle.

CHIP NUT BARS

Diane Chapman

1½ c. brown sugar
¾ c. oil
1½ c. flour
½ tsp. baking soda
1 c. chocolate chips
2 eggs
1 tsp. vanilla
1 tsp. salt
½ c. nuts

Mix together eggs, brown sugar, oil and vanilla. Sift flour, soda and salt, stir into sugar mixture. Mix until smooth. Mixture will be somewhat stiff. Next, stir in ½ cup chopped nuts and 1 cup chocolate chips. Spread into 9 x 13 x 2-inch pan and bake at 350° for 20 to 25 minutes. Do not overbake. Cool before cutting.

CHERRY CHIPPER BARS

Katie Smith

10-oz. jar maraschino cherries, rinsed and well drained
1 pkg. Pillsbury Plus chocolate chip flavor cake mix
½ c. margarine or butter, softened
1 egg

Frosting:

1 can chocolate chip ready-to-spread frosting
⅓ c. reserved chopped maraschino cherries

Heat oven to 350°. Grease and flour a 15 x 10-inch jellyroll pan. Chop maraschino cherries, reserve ⅓ cup for frosting. In large bowl, combine remaining cherries, cake mix, margarine and egg, beat at medium speed until well blended. Using buttered hands, pat into prepared pan. Bake at 350° for 15 to 20 minutes or until light golden brown. Cool completely. In small bowl, stir frosting and ⅓ cup cherries until blended. Spread over cooled bars. Makes 48 bars.

CHOCOLATE CARAMEL LAYER SQUARES

Mary Jo Wahweotten

14-oz. pkg. caramels
⅔ c. evaporated milk
1 German chocolate cake mix
¾ c. oleo
1 c. nuts
1 c. chocolate chips

Melt caramels with ⅓ cup evaporated milk. Combine dry cake mix, oleo and other ⅓ cup evaporated milk and nuts. Press or spread half of last mixture into 9 x 13-inch pan. Bake 6 minutes at 350°. Sprinkle chocolate chips over. Spread caramel mixture over top. Crumble remaining dough mixture over top. Bake 15 to 18 minutes. After cool, cut into squares.

GRAHAM BARS

Dawn Bones

1 stick butter
1 stick margarine
½ c. sugar
50 graham crackers
½ c. finely chopped pecans
Brickle bits (opt.)

Bring first 3 ingredients slowly to a boil, then cook 2 minutes, stirring constantly. Arrange graham crackers on a flat jellyroll pan. Pour butter mixture slowly over top of crackers. Sprinkle with chopped pecans and/or brickle bits. Bake at 350° for 10 minutes. Remove from pan, place on waxed paper to cool.

GRASSHOPPER BARS

Jill Adkinson

1 c. sugar
½ c. margarine or butter, softened
1 tsp. vanilla
2 eggs
⅔ c. flour
½ c. cocoa
½ tsp. baking powder
½ tsp. salt
½ c. chopped walnuts

Heat oven to 350°. Mix sugar, margarine, vanilla and eggs. Stir in remaining ingredients. Bake in greased 8 x 8-inch pan for 25 to 30 minutes until wooden toothpick comes out clean, cool. Mix 3 cups powdered sugar, 2 tablespoons green creme de menthe, ⅓ cup softened margarine and 2 tablespoons white creme de cacao. Spread over brownies. Refrigerate 15 minutes. Heat 1½ (1½-ounce) squares unsweetened chocolate over low heat until melted. Spread evenly over mixture. Refrigerate at least 3 hours. Cut into 1½ x 1-inch bars (36 bars). Each bar has 140 calories.

MARSHMALLOW KRISPIE BARS

Ann Lutz

1 (family-size) pkg. brownie mix
1 (10½-oz.) pkg. miniature marshmallows
1½ c. semi-sweet chocolate chips
1 c. creamy peanut butter
1 T. butter or margarine
1½ c. crisp rice cereal

Prepare and bake brownies in a 9 x 13-inch pan following package directions. Remove from oven. Sprinkle marshmallows on hot brownies. Return to oven. Bake for 3 minutes longer. Combine chocolate chips, peanut butter and butter in medium saucepan. Cook on low heat, stirring constantly, until chips are melted. Add rice cereal, mix well. Spread mixture over marshmallow layer. Refrigerate until chilled. Cut into bars.

PEANUT BUTTER SQUARES

Dorothy Didde

½ c. margarine
½ c. white sugar
½ c. brown sugar
1 egg
½ tsp. soda
¼ tsp. salt
⅓ c. plus ¼ c. peanut butter
½ tsp. vanilla
1 c. flour
1 c. oatmeal
1 (6-oz.) pkg. chocolate chips
½ c. powdered sugar
2 to 4 T. milk

Cream margarine with white and brown sugar. Blend in egg, soda, salt, ⅓ cup peanut butter and vanilla. Stir in flour and oatmeal. Spread in greased 9 x 13-inch pan. Bake at 350° for 20 to 25 minutes. Sprinkle with chocolate chips, let stand 5 minutes. Combine powdered sugar, milk and ¼ cup peanut butter. Mix well. Spread chocolate evenly. Drizzle with peanut butter mix. Cool, cut into squares.

PEANUT BUTTER CHOCOLATE BARS

Marilyn Lickteig

1 c. chunky peanut butter
6 T. margarine, softened
¾ c. brown sugar
½ c. granulated sugar
1 tsp. vanilla
3 eggs
1 c. flour
2 c. chocolate chips, divided
1 c. colored sugar or candies

Beat peanut butter, margarine, brown sugar, sugar and vanilla in large bowl until creamy. Beat in eggs, then flour. Stir in ¾ cup chips. Spread into greased 9 x 13-inch pan. Bake in preheated 350° oven 20 to 25 minutes. Remove from oven, immediately sprinkle with remaining chips. Let stand 5 minutes, spread. Sprinkle with colored sugar.

PUMPKIN BARS

Virginia Harrison

1 (16-oz.) can pumpkin
4 eggs
1⅔ c. sugar
1 c. oil
2 c. flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon

Use a 9 x 13-inch pan. Preheat oven to 350°. Beat first 4 ingredients till light, add dry ingredients. Beat 3 minutes, pour in pan and bake for 30 minutes. Serve in bars or squares.

Cream Cheese Frosting (opt.):

3 oz. cream cheese, softened
½ c. butter or margarine, softened
1 tsp. vanilla
2 c. powdered sugar

Cream the cheese and butter, add vanilla and powdered sugar until smooth.

PUMPKIN BARS

Angie Walker

- 4 eggs
- 1⅔ c. sugar
- 1 c. cooking oil
- 1 can pumpkin
- 2 c. flour
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. salt
- 1 tsp. baking soda

Frosting:

- 1 (3-oz.) pkg. cream cheese
- ½ c. butter or margarine, softened
- 1 tsp. vanilla
- 2 c. sifted powdered sugar

In mixing bowl, beat together eggs, sugar, oil and pumpkin till light and fluffy. Sift together flour, baking powder, soda, salt and cinnamon. Add to pumpkin mixture. Mix well. Spread on ungreased 15 x 10 x 1-inch pan. Bake 25 to 30 minutes at 350°. **Frosting:** Cream together butter and cream cheese. Stir in vanilla, add powdered sugar a little at a time. Beat until very smooth. Frost on cooled cake.

SAUCEPAN SCOTCHIES

Teresa Powers

- 1 stick margarine
- 1½ c. brown sugar
- 2 tsp. baking powder
- 1 c. nuts, chopped
- 2 eggs
- 1 tsp. vanilla
- 1½ c. sifted flour

Rub bottom of 9 x 13-inch pan with margarine. Melt margarine in a saucepan. Remove from heat. Add sugar and blend. Add eggs, one at a time, beating well. Add dry ingredients and vanilla. Mix well. Add nuts and stir lightly to mix. Bake at 350° for 30 minutes. Do not overbake. Cool in pan.

Recipe Favorites

This and That

This & That

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.

- A few drops of lemon juice in potato water will whiten boiled potatoes.

- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.

- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.

- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.

- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.

- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.

- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.

- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.

- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.

- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.

- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.

- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.

- To avoid toughening beans or corn, add salt when cooking is halfway through.

THIS & THAT

OVEN BAKED OMELET

Kimberlee Wolz

½ c. onions, chopped
½ c. green peppers, chopped
4 slices bacon, browned and crumbled
½ c. mushrooms, sliced
6 eggs
2 T. flour
Salt and pepper to taste
2 c. grated mozzarella cheese

Preheat oven to 350°. Grease a 9-inch pie pan. Layer cheese on bottom of pan. Place onions on top of cheese, green peppers, bacon and then mushrooms. Beat eggs with flour in a small pan until smooth. Pour on top of veggies on pie plate. Sprinkle with salt and pepper. Bake at 350° for 40 minutes or until knife inserted into center comes out clean. Cut into wedges and serve. Serves 4 to 6.

CORNMEAL BUTTERMILK PANCAKES

Kimberlee Wolz

2 eggs, beaten
2 T. oil
1 tsp. vanilla
¾ c. buttermilk
¾ c. flour
½ c. cornmeal
1 T. brown sugar
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt

Place eggs, oil, vanilla and buttermilk in a mixing bowl, mix until smooth. Add flour, cornmeal, sugar, baking powder, soda and salt. Mix until **just** smooth. Spoon about 3 tablespoons onto a hot preheated grill. Cook until puffed and dry. Turn and cook until golden brown. Top with warm syrup and serve hot.

SKIER'S TOAST

Jessie and Pam Rittof

2 T. pancake syrup
¼ lb. butter or 1 stick
1 c. brown sugar
12 slices white bread
6 eggs
1½ c. milk
½ tsp. vanilla
¼ tsp. salt

Mix pancake syrup and brown sugar in saucepan. Bring to boil and cook 5 minutes. Pour in bottom of 9 x 13-inch pan. Layer 6 slices of bread, twice (12 total). Beat eggs, milk, vanilla and salt together and pour over bread. Refrigerate overnight. In morning, bake at 350° for 45 minutes or until browned. Cool a few minutes. May add powdered sugar.

NANCY'S DRESSING

Ann Lutz

1 c. butter or margarine
1 qt. finely chopped celery
1 c. onion
1 T. salt
½ tsp. pepper
2 T. poultry seasoning
1½ c. broth
4 qt. bread crumbs

Saute in a large saucepan butter, celery and onion until celery is tender. Add salt, pepper, poultry seasoning and broth. Remove from heat. Add bread crumbs. Spread into well greased medium-size roaster. Bake, covered, in a 320° oven for 1 hour.

FRUIT PIZZA
(Mom's Favorite)

Jan Redeker Wallis

1 pkg. Pillsbury sugar cookie dough
¾ c. water
1 c. orange juice
¼ c. lemon juice
½ c. sugar
3 T. cornstarch
1 (8 oz.) cream cheese
½ c. sugar
1 tsp. vanilla
Fruit (use whatever you prefer: Strawberries, kiwi, banana, mandarin oranges, pineapple, etc.)

Slice cookie dough and spread over cookie sheet. Bake according to package directions. Set aside to cool. Boil water, juices, ½ cup sugar and cornstarch. Set aside to cool. Mix together cream cheese, ½ cup sugar and vanilla. Spread over cooled cookie dough. Place fruit on cream cheese. Pour orange juice mixture over fruit. Chill before serving.

SUNRISE BURRITO

Kimberlee Wolz

8 oz. sausage (bulk spicy)
1 c. onions, chopped
4 eggs, beaten
4 T. green chili peppers, chopped
2 c. grated cheddar cheese
6 or 8 (10-inch) flour tortillas, warmed
2 c. salsa, warmed

Brown sausage in a skillet until well browned. Add onions and eggs and chili peppers. Cook and stir until eggs are done. Divide egg mixture evenly between tortillas. Top with cheese. Roll up. Serve salsa on the side.

TEMPURA
(Batter Fried Veggies)

Virginia Harrison

Batter:

1 c. cake flour
1 c. beer
1 egg yolk
Any fresh vegetables you like, cut into strips or rings or clumps

Mix flour, beer and yolk into a batter. Dip veggies in additional cake flour, then into batter. Deep fry in hot oil 2 to 3 minutes. Drain on paper towels. Serve with ketchup or 3 parts soy sauce, 1 part apple vinegar garnished with thin slices of green onion. Great for appetizers, snack or meatless main dish.

PEACH JAM

Debra Didde

5 c. fresh peaches, skins left on and run through blender or food processor,
approx. 9 to 10 peaches
¼ c. lemon juice
9 c. sugar
½ bottle liquid fruit pectin

In heavy 6-quart kettle put peaches, lemon juice and stir over high heat to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. At once stir in fruit pectin. Skim off foam with metal spoon, then stir and skim for 5 minutes. Ladle into sterile jars. Cover at once with ⅛ inch melted paraffin.

APPLE BUTTER

Belinda Ball

12 c. cooked apples
12 c. sugar
½ c. vinegar
1 c. red hots cinnamon candy

Cook apple to applesauce stage. Add remaining ingredients. Boil for 25 minutes, stirring often to keep mixture from sticking. Cool, store in refrigerator.

APPLE OR PEAR BUTTER

Rhonda Allen

4 qt. fruit, peeled and cored
½ c. apple juice
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. allspice or cloves

Put fruit into large pan. Add apple juice. Simmer until soft. Mash with potato masher. Add the spices. Serve over pancakes, toast, etc. Sugar-free and fat-free.

FROZEN STRAWBERRY JAM

Belinda Ball

3½ c. mashed strawberries	**1 c. water**
6½ c. sugar	**1 box Sure-Jell**
2 T. lemon juice	

Mix together berries, sugar and lemon juice. Stir well and set aside. Mix together water and Sure-Jell, bring to a boil, stirring constantly. Boil 1 minute. Add berry mixture. Continue boiling, stir constantly for 5 minutes. Pour mixture into clean, sterile jars and let stand for 12 hours. Put lids on and freeze until ready to use.

VENISON JERKY

Brad Ferguson

3 lbs. venison steak	**¼ tsp. onion powder**
1 T. Lawry's seasoned salt	**1 tsp. Cajun**
1 tsp. salt	**⅓ c. Worcestershire sauce**
1 T. liquid smoke	**¼ c. soy sauce**
¼ tsp. garlic powder	

Mix all ingredients. Cut meat in long narrow strips and marinate in liquid overnight. Dry on rack in 140° oven with a spoon in the door until dried, 8 to 12 hours. When cooled, store in airtight containers.

CARAMEL POPCORN

Jean Redeker

4 to 5 qt. popped popcorn	**1 tsp. salt**
2 sticks butter or margarine	**2 tsp. butter flavoring**
2 c. brown sugar	**½ tsp. baking soda**
½ c. white Karo syrup	

Bring butter, brown sugar, syrup and salt to a boil and continue boiling for at least 5 minutes. Add 2 teaspoons butter flavoring and ½ teaspoon baking soda. Pour over popcorn. Bake at 225° for 1 hour. Stir every 15 minutes.

NO-FUSS CARAMEL CORN

Betty Scott, Pomona

3 qt. popped corn	**1½ c. peanuts (opt.)**
1 c. packed brown sugar	**½ c. butter or oleo**
¼ c. light corn syrup	**½ tsp. salt (may omit)**
½ tsp. soda	

Place popcorn and peanuts in large paper bag. Set aside. Combine brown sugar and syrup in 2-quart casserole. Microwave 3 to 4 minutes, stirring after each minute until mixture boils. Microwave 2 minutes more. Stir in baking soda. Pour syrup mixture over popcorn in bag. Mix well. Microwave 1½ minutes. Shake bag well. Microwave 1½ minutes more. Shake well and pour into large roasting pan. Cool and stir to separate. Makes 3 quarts.

FALL HARVEST POPCORN

Kimberlee Wolz

2 qt. freshly popped popcorn	**1 tsp. dill weed**
2 (1¾-oz.) cans shoestring potatoes (3 c.)	**1 tsp. Worcestershire sauce**
1 c. salted mixed nuts (no peanuts)	**½ tsp. lemon pepper seasoning**
¼ c. melted butter	**¼ tsp. garlic powder**
	¼ tsp. onion powder

Preheat oven to 325°. Combine popcorn, shoestring potatoes and nuts in a large roasting pan. Set aside. Combine butter, dill weed, Worcestershire sauce, lemon pepper seasoning, garlic and onion powder in a small bowl, pour over popcorn mixture, stirring until evenly coated. Bake 8 to 10 minutes, stirring after first 5 minutes. Cool completely. Store in airtight containers.

POPCORN CRUNCH

Regina Jameson

1½ lbs. almond bark	**3 c. Triplet's cereal**
3 T. peanut butter	**18-oz. jar dried roasted peanuts**
14 c. popped corn	

Melt almond bark and peanut butter. Mix with other ingredients in a large bowl and spread on buttered cookie sheet. Cool and break in pieces.

POPCORN BALLS

Sr. Barbara Wieseler

12 oz. to 1 lb. lg. marshmallows	**½ tsp. vanilla**
½ c. margarine	**Food coloring**

Melt marshmallows over double boiler or in a microwave oven for 1½ minutes. Remove and stir and add vanilla and food coloring. Pour over "dekerneled" popcorn and form into balls.

POPCORN BALLS

Ethel L. Rothwell

1 c. white syrup	**1 T. vinegar**
½ c. sugar	**4 qt. popcorn**
1 tsp. cream of tartar	**¼ tsp. soda**
2 T. butter	

Mix syrup, sugar, cream of tartar and vinegar and boil to soft ball stage. Remove from fire and add butter and soda. Pour over popped corn and mix well. When cool enough to handle, shape into balls and wrap in waxed paper.

POPCORN BALLS

Stephanie Hays

1 c. honey	**1 c. peanut butter**
1 c. sugar	**Popcorn**

Bring honey and sugar to a rolling boil. Add peanut butter. Pour over popcorn. Set awhile before you shape into balls.

POPCORN BALLS

Helen Hasler

2 c. sugar	**3 heaping T. peanut butter**
1 c. white syrup	**8 qt. popped corn**
1 T. oleo	

Heat sugar, syrup, oleo and peanut butter until melted and bubbly. Pour over corn in large pan. Mix well and grease hands and roll into balls. Makes 18 to 20.

CRANBERRY RELISH (Diabetic)

Dina Wolken

1 lb. or 4 c. cranberries	**1 apple, unpeeled**
1 orange	**Non-calorie sweetener (opt.)**

Grind all fruit together in a food chopper. Add sweetener in the amount desired. Mix well and chill. Serve with lettuce or watercress or however you prefer. **Exchange:** One fruit exchange per serving. Calories 310, 40 in each serving.

HOMEMADE PICANTE SAUCE

Sarah Jordan

10 c. crushed tomatoes
1 pkg. Mrs. Wage's salsa seasoning
½ c. vinegar

Bring water to a boil in saucepan and place tomatoes in water until peel splits. Remove from heat and into cold water. Peel off skin and cut out core. Place tomatoes in blender or food processor, then measure out 10 cups into saucepan. Add seasoning and bring to a roaring boil. Turn down heat and simmer for 10 minutes. Serve hot or cold with chips.

SWEET HOT MUSTARD SAUCE

½ c. dry mustard
½ c. cider vinegar

Mix well. Could even let set overnight. Put mixture in nonaluminum pan and add 1 beaten egg or egg substitute and ½ cup sugar. Bring all to slow boil, stirring constantly till spoon is coated, like pudding. Cool and refrigerate. It will keep a long time. Good with ham, corned beef roast and egg rolls.

B.B.Q. SAUCE

Judy Mille

⅔ c. catsup
3 T. brown sugar
2 T. Worcestershire sauce
2 T. liquid smoke
Dash Tabasco (opt.)

Mix well.

FUDGE SAUCE

Ann Lutz

2 c. sugar
⅔ c. cocoa
6 T. flour
1 tsp. salt
2 c. milk
2 T. butter
2 tsp. vanilla

Mix dry ingredients in medium saucepan. Add milk and cook over medium heat, stirring constantly until boiling. Boil for 1 minute, then remove from heat, add butter and vanilla. Cool slightly and serve over ice cream.

SWEDISH NUTS

Debra Didde

4 c. pecan halves	**1 c. sugar**
2 egg whites	**1 stick butter**
Dash salt	

Place pecans in 9 x 13-inch cake pan and bake for 20 minutes at 350°. While baking pecans, beat 2 egg whites and dash of salt. Add sugar gradually. Pour nuts into mixture, turn oven to 300° and melt butter in cake pan. Stir nuts and then pour into butter and stir again. Spread out in pan and cook 10 minutes. Stir again and cook 10 minutes. Repeat till cooked, 30 to 40 minutes, depends on weather.

ROASTED PUMPKIN SEEDS

Sofie Bien

1⅓ c. water	**Raw pumpkin seeds**
3 tsp. salt	

Bring to a boil water and salt. Pour over pumpkin seeds. Cover and let stand at room temperature for 12 to 24 hours. Drain and spread in 10 x 15-inch baking dish. Bake at 350° for 25 to 35 minutes. Stir frequently.

GRANOLA

Kathryn Williamson

Mix together dry ingredients:

3 lbs. regular oatmeal	**2 c. whole-wheat flour**
2 tsp. salt	**2 c. wheat germ, nuts (sesame, sunflower, almonds, roasted salted soybeans)**
2 c. coconut	
2 c. brown sugar	

Add beaten ingredients:

5 tsp. vanilla	**1½ c. peanut or vegetable oil**
1 lb. honey	

Work in with hands, spread on flat metal pan and bake at 250°, stirring every 15 minutes for about 1 hour. If you like, add raisins after you bake.

WHIT MIX

Whitney Kimball

1 box cinnamon toasted crunch cereal	**1 (15-oz.) box raisins**
1-lb. bag M & M's	**1 sm. can peanuts**

Mix all ingredients in a large bowl. Stir in airtight container. Also try adding any of the following: Mixed nuts, miniature marshmallows, chocolate chips, dried banana chips or other dried fruits.

TAFFY

Ethel L. Rothwell

1 pt. Karo syrup
1 c. sugar (white or brown)
1 T. vinegar
½ T. butter

Combine and cook to firm ball stage. Add small amount of flavoring if desired. Pour into buttered platter and when cool enough to handle, pull until light colored. Cut into short lengths with scissors and place on waxed paper.

PUPPY CHOW

Ginny Wahweotten

1 c. chocolate chips
1 stick butter
1½ c. powdered sugar
1 c. peanut butter
1 box Crispix

Melt first 3 ingredients over low heat in large saucepan. Remove from heat. Stir in cereal until well coated. Pour in ½ of the powdered sugar in a brown bag. Pour in mixture, then remaining powdered sugar. Shake well. Place in Baggies and freeze.

PUPPY CHOW

Stephanie Hermreck

1 (6-oz.) pkg. semi-sweet chocolate chips
¼ c. peanut butter
6 c. Crispix cereal
1 c. powdered sugar

Melt chocolate chips and stir in peanut butter. Gently stir cereal into chocolate-peanut butter mixture until well coated. Place powdered sugar in 2-gallon bag. Add coated cereal to sugar and close bag. Gently toss cereal mixture until well coated. Store in airtight container in refrigerator.

PLAY DOUGH

Kathy Jordan
Liz Redeker

2½ c. flour
½ c. salt
1 T. alum
2 c. boiling water
3 T. corn oil
Food coloring

Combine flour, salt and alum. Mix with oil and boiling water. Divide and color dough. Keep in tight container.

PLAY DOUGH

Virginia Bruna

1 c. flour
½ c. salt
1 T. salad oil
1 c. water
2 T. cream of tartar

Mix all ingredients in a skillet and heat for 3 minutes, counting from the time the mixture is hot. The mixture will be very thick. Flatten and stir repeatedly. Cool. Divide and add food coloring. Store in a covered container in the refrigerator. (Food coloring may be added at the time the liquid is added.)

PLAY DOUGH

Jennifer Wiesner

1 c. flour
1 c. water
1 T. vegetable oil
½ c. salt
2 tsp. cream of tartar
Food coloring

Mix all ingredients and cook to cream-puff stage (pulls away from the pan). Stir constantly. Add food coloring and knead until desired intensity is reached.

CINNAMON ORNAMENTS

Annette Ferguson

1 c. applesauce
4 oz. cinnamon

Mix together. Roll out on waxed paper. Cut out with cookie cutter. Place on cookie sheet to dry. Place a hole for ribbon before it dries. Makes 12 to 15.

PRESERVED CHILDREN

Mary Redeker

1 lg. grassy field
6 children
3 sm. or lg. dogs
Flowers
Hot sun
Deep blue sky
Narrow strip of brook with pebbles

Mix children with dogs, empty field, stirring continuously. Sprinkle the field with flowers. Pour brook gently over pebbles. Cover all with deep blue sky and bake in hot sun. When children are well browned, they may be removed, children will be just right for setting in the bath tub.

ELEPHANT STEW
(Copious Collation)

Julie Jumet

1 elephant
Brown gravy
Salt and pepper
2 rabbits (opt.)

Cut elephant into bite-size pieces, should take about 2 months. Add enough gravy to cover. Salt and pepper to taste. Cook over a kerosene fire for about 4 weeks at 460°. This will serve about 3800 people. If more are expected, 2 rabbits may be added, but do not add the rabbits unless necessary as most people do not like to find a "hare" in their stew.

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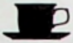
COOKING TIPS

- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks–it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes–partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast–the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold–let stand for a least an hour at room temperature. Brush with oil before and during roasting–the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking–add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes–put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
- Use greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp–stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.

CALORIE COUNTER

Beverages



Apple juice, 6 oz.	90
Coffee (black/unsw.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads

Corn Bread, 1 small square	130
Dumplings, 1 med.	70
French Toast, 1 slice	135
Muffins	
bran, 1 muffin	106
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1-4 in.	60
Pumpernickel, 1 slice	75
Rye, 1 slice	60
Waffles, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

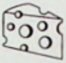
Cereals

Corn Flakes, 1 cup.	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, 3/4 cup	110

Crackers

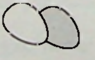
Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products



Butter or Margarine, 1 T	100
Cheese	
American Cheese, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45
Hot chocolate, with milk, 1 c.	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110

Calorie Counter, Continued

Fruits

Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35 - 55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple, canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry

Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115

Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables

Asparagus, 1 c.	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 c.	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato	
baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato	
raw, 1 medium	25
cooked, 1/2 c.	30

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter*
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

***In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.**

Brown and White Sugars: Usually may be used interchangeably.

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping…a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard–perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwave cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil	Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
Bay Leaves	A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
Caraway	Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
Chives	Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
Curry Powder	A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
Dill	Both seeds and leaves of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
Fennel	Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
Ginger	A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

Herbs & Spices

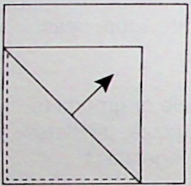
Marjoram	May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
Mint	Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
Oregano	Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
Paprika	A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
Parsley	Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
Rosemary	Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
Saffron	Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
Sage	Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
Tarragon	Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:
Use linen napkins if possible, well starched.
For the more complicated folds, 24 inch napkins work best.
Practice the folds with newspapers.
Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner.



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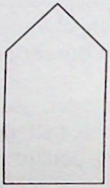

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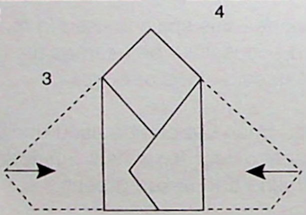

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Instructions:

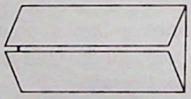
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



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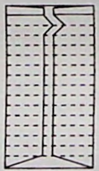

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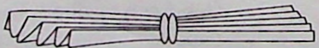

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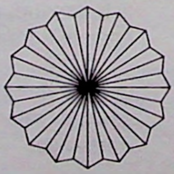

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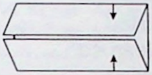
NAPKIN FOLDING

Fan

Pretty in Napkin Ring, or Top of Plate.

Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.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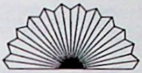
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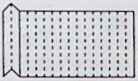
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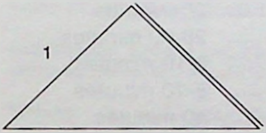
Candle

Easy to do; can be decorated.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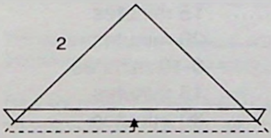
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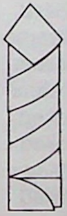


Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

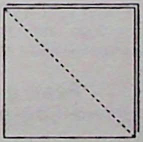
Lily

Effective and Pretty on Table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.

1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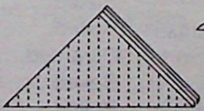
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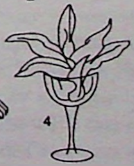
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VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled	10-15 minutes
Artichokes, French	Boiled	40 minutes
	Steamed	45-60 minutes
Beans, Lima	Boiled	20-40 minutes
	Steamed	60 minutes
Beans, String	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skin	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old	Boiled or Steamed	1-2 hours
Broccoli, flowerets	Boiled	5-10 minutes
Broccoli, stems	Boiled	20-30 minutes
Brussel Sprouts	Boiled	20-30 minutes
Cabbage, chopped	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down	Boiled	20-30 minutes
Cauliflower, flowerets	Boiled	8-10 minutes
Carrots, cut across	Boiled	8-10 minutes
	Steamed	40 minutes
Corn, green, tender	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the cob	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Parsnips	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green	Boiled or Steamed	5-15 minutes
Potatoes	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Pumpkin or Squash	Boiled	20-40 minutes
	Steamed	45 minutes
	Baked	60 minutes
Tomatoes	Boiled	5-15 minutes
Turnips	Boiled	25-40 minutes

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white–they are more tender. Use asparagus soon–it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 c. flour use 1 1/4 tsp. Baking Powder
Muffins	To 1 c. flour use 1 1/2 tsp. Baking Powder
Popovers	To 1 c. flour use 1 1/4 tsp. Baking Powder
Waffles	To 1 c. flour use 1 1/4 tsp. Baking Powder
Cake with oil	To 1 c. flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	45 - 60	350° - 400°
Rolls	15 - 30	350° - 425°
Biscuits	10 - 15	400° - 450°
Muffins	15 - 25	400° - 425°
Cornbread	20 - 25	400° - 425°
Nut Bread	60 - 75	350°
Gingerbread	35 - 50	350° - 375°

BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer	350° - 375°	25 - 35 min.
Cake, angel	350° - 375°	35 - 50 min.
Cake, sponge	350° - 375°	12 - 40 min.
Cake, fruit	250° - 275°	3 - 4 hours
Cookies, rolled	375° - 400°	6 - 12 min.
Cookies, drop	350° - 400°	8 - 15 min.
Cream Puffs	300° - 350°	45 - 60 min.
Meringue	300° - 350°	12 - 15 min.
Pie Crust (shell)	400° - 450°	10 - 12 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 (1-lb.) loaves	100 slices or 6 (1-lb.) loaves	200 slices or 12 (1-lb.) loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Hot dogs (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/4 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake 2 8" layer cakes	1 12" x 20" sheet cakes 3 10" layer cakes	2 12" x 20" sheet cakes 6 10" layer cakes
Whipping Cream	1 pint	1 quart	2 quarts

EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2 - 2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup.
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zwieback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped

TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot oil.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

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